A GOURMET'S HANDBOOK OF

PARSI CUISINE

The Parsis, originally from Fars in Persia, brought with them a grand tradition of food which blended with Indian influences to produce a cuisine unique by any standards.

Dhansak, Patrani Macchi, Badam Marghi, Malai na Khaja—we've all heard of these—now here's an opportunity to recreate these delights and even more exotic ones in your home. From the kitchen of a Parsi gourmet chef these recipes offer a rich variety and have been specially chosen to cover every meal and every occasion.

Easy-to-follow and absolutely guaranteed to appeal to every palate.

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TARANG PAPERBACKS

A Gourmet's Handbook of PARSI CUISINE Bapsi Nariman TARANG PAPERBACKS

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FOREWORD

The absurdly exaggerated remark of a British novelist that India without the Parsis is like an egg without its yolk and much of its salt, was obviously prompted by feasting too well at Parsi homes in Bombay! For the Parsis who profess the religion of Zoroaster, fasting (and celibacy) are proscribed. Theirs is a faith which enjoins on man the pleasant duty of being happy—apart from striving to be good. The good things of life necessarily include good food. They have festivals and feast-days of their own, but almost unique amongst the inhabitants of this country, Parsis celebrate the festive days of their other Indian compatriots as well. In a Parsi household there will be *biryani* at Id, roast turkey at Christmas and the auspicious *sev* at Diwali.

Through the ages, gastronomy has proved to be a stronger cultural force amongst peoples of the world than linguistic or other influences. The world is divided into definite gastronomic regions, areas where distinctive cuisines prevail. The distinctive feature of Indian cooking is a generous and imaginative use of spices. Every good cook in India prepares a curry—but a shade different from a curry prepared by another good cook! Parsi cooking is of course also Indian, but more varied: the Parsi palate is a little more fastidious—not content with the spices of the region, the tastes in food are more esoteric, more universal. This has something to do with history.

From the tenth century onwards groups of Zoroastrians migrated to India from Iran—mainly from the province of Fars (hence Parsis). They found and were given asylum in Gujarat. They assimilated with the local population and yet maintained their distinct identity. At first they adopted the language and the dress of their Hindu benefactors—then during years of persecution they consolidated and preserved their separate religious rites and customs. Later, with the British Raj, the Parsis adopted English customs, English dress and even English habits. Having learned of Hampden, Fox, Shelley and Abraham Lincoln—in English schools—many of them became intolerant of British oppression and joined the Nationalist Movement. Buffeted around by such diverse forces, they became more catholic in their outlook and more universal in their eating habits. Not averse to cooking anything that crawls, having no taboos, the Parsis freely experimented with different kinds of meats, fish and vegetables. Over the centuries, they have evolved what is now known as Parsi cuisine: and that is what this book is about.

Some of the dishes (like *Dhansak*, *Malai na Khaja*, *Dal nee Pori*) are typically Parsi. Some others may look and

sound familiar (like the *khichree* in *khichree-sas*) but in every Parsi dish the taste is distinctive: never too spicy, never too bland. Parsi cooking is a manifestation of the Parsi personality—highly individualistic. In it there is always room for a little experimentation, a little innovation—a good Parsi cook rebels against the constraints of a defined method. In these recipes you will find suggestions for variations—for the sweeter tooth, for the more pungent palate, for the substitution of one type of meat for another. You may find some of the recipes tedious, leaving little to the imagination—they are intentionally so written. This book is for the novice as well as the accomplished cook. To know Parsi cuisine you must first know the basics—the names, the ingredients, the traditional manner of preparation, the hints and pitfalls. All these I have attempted to describe in simple unsophisticated terms. Once you have tried a particular dish following the recipe to the letter, you will (I hope) discover the real charm of Parsi cooking—that it abounds in variety and that taking liberties with the prescribed methods is not only permissible, but more fun.

No one can do anything worthwhile without the assistance of those around you. In the writing of this book I have been actively assisted by the members of my own family and close friends. My particular thanks to Mrs. Shobha Nadkarni. For the chores of typing and retyping my acknowledgements to Mr. J.R. Aggarwal.

Bapsi Nariman

HOW TO USE THIS COOK BOOK
—A Few Useful Hints

1. Servings are for 4 persons unless specified.

2. Cup and spoon measurements are level unless specified.

3. Salt and pepper is always to taste.

4. Chillies, other condiments and masalas may be used according to taste—sometimes more may be added and sometimes less may be added.

5. When red chillies are mentioned use dry red Kashmiri chillies if possible, as they give a colour and are not too spicy.

6. (*a*) A *deckchi* is a deep cooking pan.
   (*b*) A *thali* is a flat round metal plate.
   (*c*) A *tawa* is a flat metal plate.

7. Flour means plain flour (*maida*).

8. Rice flour—wash rice, heat a *tawa* and dry the rice thoroughly on it; turn the rice over—off and on. Grind into flour. Do not use readymade rice flour.

9. Breadcrumbs are dry breadcrumbs.

10. When an onion, tomato, or potato is to be used, unless otherwise specified, use a medium variety.

11. In dishes with okras it is advisable to wash okras and dry each okra with a cloth separately. It will eliminate the stickiness when cooked.

12. When frying bananas use the long yellow ones, the best of which are grown in South India.

13. When nuts are mentioned, *charoli* may also be used.

14. Julienne means julienne strips, i.e. thin, long pieces shaped like matchsticks.

15. In most mutton dishes chicken may be substituted and vice versa.

16. Cooked dals with masalas, often kept for a day in the refrigerator, taste better the next day.

17. If jaggery is not available brown sugar may be substituted, unless specified.

18. Often the expression "water on the lid" is used. This ensures that when the food is simmering—
   (*a*) it will not burn at the bottom of the pan, provided everything is not completely dry;
   (*b*) the heated water on top of the lid can be used for cooking instead of heating more water, and when used replace again with ordinary water.

19. When garam masala is required, grind together 1" piece cinnamon, 4-6 cloves, 4-6 cardamoms and 4-6 peppercorns. This quantity will make about 2 tsps. Keep in an air-tight jar and use when required. It is always advisable to powder the ingredients freshly.

20. To extract coconut juice, soak ½ grated coconut in one cup of hot water. Squeeze with your fingers and put through a colander. This first extraction of coconut milk will be thick. If more is needed, soak the left-over grated coconut in another cup of hot water and repeat the

process—this will have a thinner consistency.

21. As ginger and garlic paste is used very often in Parsi cooking, it is advisable to keep some ready. Grind 100 gms. of peeled ginger with 1 pod of peeled garlic into a fine paste. Put in an air-tight box and refrigerate. Use as required.

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Chawal Ni Vani
(RICE DISHES)

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Macchi no Palau (Fish Pullao)
Pocchi Tarkari ni Khichree (Soft Vegetable Khichree)
Ras Chawal (Spiced Soup and White Boiled Rice)

1. BAFELA SAFED CHAWAL

(Boiled White Rice)

1 cup Basmati rice soaked in water for 30 minutes
4 cups water
1 tsp. oil or ghee
salt

Remove water from the rice. Boil 4 cups of water, add the rice, oil and salt and boil for about 15 to 20 minutes until rice is tender. Drain the water and spread the rice on a *thali* until cool. This will help to separate the grains of rice; or else serve hot immediately after the water has been drained.

2. DHAN DAR NE COLMI NO PATIO

(White Rice, Dal and Curried Prawns)

(This dish is served on auspicious occasions with fish *patio*)

Dal:

250 gms. masoor *dal (*malka*)*
½ tsp. turmeric powder
4 cups water
salt
2 tblsps. desi *ghee*
1 large onion } *finely*
16 cloves garlic } *chopped*

Curried Prawns:

½ kg. shelled prawns
4 large sliced onions
6 tblsps. oil
4 red chillies }
1 tsp. coriander seed } *roasted*
1 tsp. cummin seed }
8 cloves garlic
½ tsp. turmeric powder
4 cloves
½" piece cinnamon } *ground to a masala*
2 large chopped tomatoes
1 skinned and sliced raw mango (if in season) or
  ½ cup tamarind water
1 tblsp. jaggery
1 tblsp. chopped coriander leaves
salt

For the Dhan Dhar : wash dal, add turmeric powder and water and bring to a boil. Simmer until dal is soft. Mash and pass through a sieve. Add salt. Bring to a boil again.

For the Patio : wash and apply salt to the prawns. Keep aside. Fry onions in oil until golden, add masala and saute for about 2 minutes. Wash prawns again and mix in the masala. Add salt. Cook further for a minute or two, constantly stirring. Add a cup of water and cook for approximately 10 minutes—until the prawns are soft. Add tomatoes, mango or tamarind water, and jaggery. Cook stirring occasionally until the gravy is thick. Garnish with coriander leaves.

Heat ghee and fry onions and garlic in it until brown. Put white boiled rice on a plate, pour 2 or 3 tblsps. of dal on top, add a tblsp. of *patio* on top of that. Serve hot. (The curried prawns can be served separately as well.)

A variation of this recipe is by substituting prawns by fish. It is then called *Macchi no Patio* (Curried Fish). If fish is used follow the above method and after adding the cup of water, add the rest of the ingredients except the fish and coriander leaves. The gravy must be thick.

3. DHANSAK NA CHAWAL
(Brown Rice)

1 cup Basmati rice soaked in water for ½ an hour
1 tblsp. sugar
2 tblsps. oil
1 large chopped onion
6 cloves
4 cardamoms
1" piece broken cinnamon
6 peppercorns
salt

Melt sugar on a low flame until it browns. Add ½ cup of hot water and keep aside. Heat oil, add onions, cloves cardamoms, cinnamon and peppercorns. Fry until onions are browned. Add rice, sugar water, salt and 2½ cups water. Bring to a boil, then simmer until the rice is cooked.

This is the brown rice of *dhansak* fame.

4. GOSHT NU DHANSAK
(Mixed Spicy Dals with Mutton)

(This is a favourite community dish of the Parsis and is often eaten on Sunday afternoons, traditionally with a glass of beer. It is enjoyed with *cachumbar* and mutton *kababs*. *Dhansak* dal can be kept in the refrigerator for a day after which it tastes even better).

50 gms val *dal*	*soaked in water for at least an hour*
50 gms tuvar *dal*	
50 gms moong *dal*	
50 gms masoor *dal*	
500 gms cubed mutton with bones	
50 gms red pumpkin	*chopped vegetables*
1 small brinjal	
50 gms white pumpkin	
1 carrot	
1 onion	
1 bunch methi *spinach*	
4 tblsps. oil	
2 sliced onions	*ground into a masala*
8 red dry chillies	
½ tsp. roasted cummin seed	
½ tsp. roasted coriander seed	
½" piece cinnamon	
6 cloves	
6 peppercorns	
1" piece ginger	
8 cloves garlic	
1 tblsp. sambhar *powder*	

½ tsp. turmeric powder
2 large chopped tomatoes
2 tblsps. chopped coriander leaves
1 tblsp. jaggery
salt

Mix together dals, mutton, chopped vegetables, and enough water, (or double the amount of water) and bring to a boil. Simmer until meat and dals are cooked. (Pressure cooking is best for this at 15 lb pressure for 15 minutes—in which case the water will be ½" more in the pan covering the ingredients.) When ready, separate the meat from the dal.

In the meantime heat oil, fry the onions until brown, add the ground masala and fry, stirring all the time until an aroma fills the room. Add tomatoes, coriander leaves, jaggery and salt and cook on a low flame for another minute or two.

Liquidize the dal and add to the masala mixture and cook on a low flame stirring occasionally until it boils. Add meat and continue cooking. It is ready when it is thick. Serve hot with brown rice and mutton *kababs* (1 whole chicken cut into pieces may be substituted for mutton.)

5. GOSHT NO PALAU

(Mutton Pullao)

500 gms Basmati rice soaked in water for 30 minutes
500 gms mutton (cut in small pieces)
1 cup sour curd
6 red chillies } *roasted*
1 tsp. cummin seed }
1" piece ginger } *ground into a*
8 cloves garlic } *masala*
½ tsp. turmeric
8 cloves } *pounded*
8 peppercorns }
1" piece broken cinnamon
salt
½ cup oil
4 large onions sliced
4 medium sized potatoes (quartered)
½ tsp. saffron
1 tblsp. milk
3 bay leaves

Mix well together, the curd, ground masala, half the spices and salt and marinate the mutton for at least 4 hours or overnight in the refrigerator.

Heat 4 tblsps. of oil and fry onions until browned. Remove half of them from the oil and keep aside. Add meat to the rest of the onions and fry for 5 minutes stirring constantly. Add potatoes, and cook further for about 2 minutes. Add 4 cups of water and bring to a boil. Simmer until mutton and potatoes are cooked stirring occasionally. Cook until the gravy is thick. If more water is required use hot water and not cold water and cook further.

Heat saffron and add 1 tblsp. of milk to it. Grind saffron and keep aside.

Add salt, and the rest of the spices and bay leaves to the rice and parboil it, that is bring to a boil and simmer for 2 to 3 minutes. Remove water and spread the rice on a *thali* so that the grains are separated. Cool.

Now take a thick bottomed *deckchi* pour a tblsp. of oil in it and place the cooked mutton at the bottom. Place the parboiled rice on top. Pour the rest of the oil and the saffron. Take a spoon and make about 6 holes right to the bottom of the *deckchi* for the steam to pass through. Cover with a lid. Place live coals on top and cook on a slow fire for 45 minutes to an hour.

Place the rice on the dish first, the mutton on top and sprinkle the rest of the fried onions.

(Instead of mutton 1 chicken cut in pieces can be substituted.)

6. KESARI KHICHREE

(Saffron Rice)

1½ cups Basmati rice soaked in water for 30 minutes
*½ cup red gram dal (*tuvar *dal) soaked for 30 minutes*
1 quart coconut milk
¼ tsp. saffron
½ kg. finely sliced onions
1" piece of ginger finely chopped
ghee or oil
1 tsp. shah jeera *(Indian cummin seed)*
8 cardamoms
8 cloves
1" piece cinnamon broken up
4 green chillies slit in between but not in 2 pieces
salt
100 gms. almonds blanched and sliced
100 gms. kismis *(sultanas)*

Heat saffron and powder it. Add a little coconut milk to it and keep aside.

Fry half the onions golden brown and the rest brown. Keep the brown onions aside.

Boil *tuvar* dal in 1½ cups water and simmer until cooked.

In the golden brown onions add ginger, *jeera*, cardamoms, cloves, cinnamon and chillies and fry for a further minute. Add dal, rice, saffron, the rest of the coconut milk and salt and bring to a boil. Simmer until rice is cooked and no water is left.

Fry almonds and sultanas and remove from oil. Garnish the *khichree* with brown onions, almonds and sultanas.

This *khichree* can be eaten with *cocum* curry or any other curry.

7. KHICHREE

(Yellow Rice)

1½ cups Basmati rice ⎫ *washed and soaked*
3 tblsps. arhar *dal* ⎭ *for 30 minutes*
4 tblsps. oil
1 tsp. cummin seed
1 large finely chopped onion
1" piece cinnamon broken up
4 cloves
4 cardamoms
2 tblsps. grated coconut
½ tsp. turmeric
salt
2½ cups water

Heat oil, add cummin seed, cook for a minute. Add onion, cinnamon, cloves and cardamoms. Fry until onions are golden in colour. Mix in coconut, turmeric and salt and saute for a minute further, turning the mixture over once or twice. Remove water from rice and add to the onion mixture. Add 2½ cups of water and let the mixture come to a boil, lower the flame. Place a lid on top of the pan with water in it. Cook until rice is ready and the water has dried. If more water is required to cook the rice, add it from the top of the lid. (Always add hot water.) Immediately fork the rice, so that the grains are separated. Serve hot.

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8. KHICHREE, PATIO, AEK TAPELIMA

(Curried Prawn Khichree)

Prawn patio *as in Recipe 2*
1½ cups rice soaked in water for 30 minutes
½ cup masoor *dal*
1 quart coconut milk
2 large sliced onions
2 tblsps. oil
½ tsp. cummin seed
salt

Fry onions until golden brown. Add cummin seed, rice, salt, *masoor* dal and coconut milk and bring to a boil. Simmer until rice is cooked. Add the prawn *patio* and mix altogther. This can be kept overnight in the refrigerator and will taste better the next day. Heat in the oven before serving, sprinkling ½ a cup of water on the rice.

Excellent buffet dish.

9. MACHHI NO PALAU

(Fish Pullao)

1½ cups rice washed and soaked for 30 minutes
1 large pomfret (fillet)
6 tblsps. oil
½ kg. sliced onions
¼ grated coconut
1 tsp. roasted cummin seed
½ tsp. turmeric powder
½" piece cinnamon } *ground into a*
6 skinned cardamoms *masala*
6 cloves of garlic
6 dry red chillies
1 large bunch chopped coriander leaves
3 cups coconut milk
a few pieces of lime
salt

Cut pomfret fillets in large pieces, apply salt and keep for a few minutes. Fry onions in oil until they are brown in colour. Add ground masala and salt and saute for a few minutes. Wash fish and add to the masala. Add rice, ½ of the chopped coriander leaves and the coconut milk. Bring to a boil. Simmer until the rice is cooked. If more water is required use only hot water. Serve hot, garnished with the rest of the coriander leaves. Serve with pieces of lime.

10. POCCHI TARKARI NI KHICHREE

(Soft Vegetable Khichree)

(This *khichree* can be eaten without any accompaniment.)

½ cup tuvar *dal soaked in water for an hour*
1 cup rice soaked in water for 30 minutes
2 tblsps. desi *ghee*
2 large finely sliced onions
½" piece ginger } *finely*
8 cloves garlic } *chopped*
6 cloves
1" piece broken cinnamon
2 chopped green chillies
½ tsp. shah jeera *(Indian cummin seed)*
salt
1 sweet potato
1 medium sized potato } *cleaned and*
6 Frenchbeans } *diced small*
1 small cucumber
100 gms. shelled green peas
1 cup curd
3 cups coconut milk

Boil *tuvar* dal for about 5 minutes. In the meantime heat ghee and fry the onions, add ginger, garlic, cloves, cinnamon, chillies, *shah jeera* and salt, and fry for a moment or two. Add the vegetables and fry for about 5 minutes, until half cooked. Drain water from the rice and add the rice to the vegetables, spices and dal. Turn over once or twice. Mix in the curd and the coconut milk. Bring to a boil and cook until rice is soft and mushy. Serve hot.

11. RAS CHAWAL

(Spiced Soup and White Boiled Rice)

1 sliced onion
2 tblsps. oil
2 slit green chillies
½ tsp. cummin seed
½" piece thinly sliced ginger
8 cloves garlic
½ kg. cubed mutton (breast mutton preferred)
2 large peeled potatoes
salt
3 cups water
2 large tomatoes chopped
2 cups coconut milk

Fry onion in oil until golden. Add green chillies, cummin seed, ginger and garlic and fry for a further minute or two. Add mutton and potatoes which have been quartered, saute further until the meat is slightly browned and dry. Add salt and water and bring to a boil. Cover the *deckchi* with water on the lid. Simmer until the meat is tender and a little water is left. (If more water is required use the water off the lid or hot water.) Add tomatoes and coconut milk. Bring to a boil, simmer for about 5 minutes. This is the *ras*. Serve hot with white boiled rice (*chawal*).

To serve: Place each serving of white boiled rice in a soup plate, pour quite a bit of the *ras* with meat and potatoes over it.

(i) If vegetable drumsticks are available, cut them in 3" pieces, boil and add to the *ras*.
(ii) Chicken may be substituted for meat.

Tarkari Ni Vani

(VEGETARIAN DISHES)

Bhajias (Gram Flour Savoury Snack)
Channa Dal Bhajias (Gram Dal Bondas)
Cocum Kadhi (Cocum Curry)
Dahi ni Kadhi (Yoghurt Curry)
Kera na Cutlets (Banana Cutlets)
Khara Bhinda (Sauted Okras)
Khara Papeta (Sauted Potatoes)
Kohra nu Dohru (Red Pumpkin in Tamarind Water)
Lagansalu Stew (Mixed Vegetable Stew)
Mann ni Khari Poori (Special Layered Poories)
Maththo (Curd Cheese)
Paneer (Cottage Cheese)
Papeta nu Salnu (Savoury Potatoes)
Parsi Patrel (Spiced Rolled Colocasia Leaves)
Poories (Puffed Rounds)
Sektani Singh no Sass (Drumstick Sauce)
Titori (Spiced Sprouted Beans)
Val ni Dar (Val Dal)
Vavri Mug ni Dar (Moong Dal)
Vengna ni Booriani (Brinjal Puree)
Vengna na Ravaiya (Brinjals Stuffed with Masala)

12. BHAJIAS

(Gram Flour Savoury Snack)

Batter:

250 gms. besan *(gram flour)*
½ tsp. soda-bicarb
salt

oil for deep frying
palak *(spinach leaves)*
onions (thinly sliced)
potatoes (thinly sliced)
brinjal (thinly sliced)
paneer *(thinly sliced)*
bananas—cut into ¼″ pieces
whole green chillies

Mix the *besan*, soda-bicarb and salt into a thin batter with water. Dip any of the vegetables, *paneer* or bananas into the batter, and deep fry until golden brown. Remove from the oil and serve hot with green chutney or with tomato sauce.

A delicious variation of this recipe is a mixture of—chopped onions, green chillies, coriander, ginger, *curry patta*, and cummin seeds, mixed with the *bhajia* batter, and dropped into the hot oil, a teaspoonful at a time and deep fried until golden brown.

13. CHANNA DAL BHAJIAS

(Gram Dal Bondas)

250 gms channa *dal (gram) soaked overnight with ¼ tsp.* chunna *(lime)*
½ tsp. soda-bicarb
1 small onion
6 cloves garlic
1 green chilli *finely*
½" piece ginger *chopped*
a few mint leaves
a few curry pattas
1 tblsp. coriander leaves
¼ tsp. turmeric powder
¼ tsp. cummin seed
salt
oil for deep frying

Wash dal and put through a mincer. Mix all the ingredients together into the dal except the oil. Heat oil, lower the flame and drop a teaspoonful of the mixture at a time in the oil, cook turning over, until golden in colour. Remove from oil and serve hot with coconut chutney or tomato sauce.

14. COCUM KADHI

(Cocum Curry)

(There is no equivalent of *Cocum* in English.)

50 gms cocum
1 tblsp. jaggery
1 tblsp. oil
1 chopped onion
1 green chilli
a few coriander leaves *finely*
½" piece ginger *chopped*
6 cloves garlic
a dash of salt and pepper
¼ tsp. turmeric powder
½ tsp. coriander seed
½ tsp. cummin seed
1 tblsp. besan *(gram flour)*

Clean *cocum* and soak in 1 cup water for 1 hour. Rub the *cocum* well with fingers and squeeze out the water. Remove the waste. Add jaggery to the *cocum* water.

Heat the oil and fry onions until golden. Mix in the rest of the ingredients and fry for a minute. Add the *cocum* water and bring to a boil on a slow fire stirring occasionally. If the curry is to be thin, add less flour. Eat with white boiled rice.

15. DAHI NI KADHI

(Yoghurt Curry)

2 tblsps. desi *ghee*
½ tsp. cummin seed
½ tsp. mustard seed
2 green chillies
a few curry leaves
1 large onion } *finely chopped*
½" piece ginger
10 cloves garlic
½ tsp. turmeric powder
salt
1 tsp. sugar
2 cups sour yoghurt
1 tblsp. chopped coriander leaves

Heat ghee, add cummin and mustard seeds, and when they splutter add the finely chopped ingredients and fry until brown. Add turmeric powder, salt and sugar. Mix. Add yoghurt and blend the ingredients together. Cook for a minute or two. Remove from the fire. Serve with *khichree* (Recipe 7).

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16. KERA NA CUTLESS

(Banana Cutlets)

4 cooking bananas cut in ¼" pieces
2 tblsps. desi *ghee*
1 small onion
4 cloves garlic
1 green chilli } *finely chopped*
½" piece ginger
a few twigs coriander leaves
¼ tsp. turmeric powder
½ tsp. coriander and cummin seed powder
a good squeeze of lime
a good pinch of salt
4 tblsps. breadcrumbs
2 beaten eggs
oil

Fry the bananas in ghee. Cool. Mash bananas and mix in the rest of the ingredients thoroughly, except the breadcrumbs and eggs. Make round or oblong flat cutlets, press in breadcrumbs. Dip in egg and shallow fry until golden brown on one side, turn over and fry on the other side until golden brown. Serve immediately.

17. KHARA BHINDA
(Sauted Okras)

(A tasty accompaniment to any meat dish.)

250 gms okras cut in ½" pieces
1 tblsp. oil
1 sliced onion
½ tsp. cummin seed
1 chopped chilli
a few curry pattas
½" piece ginger ⎫ *ground*
6 cloves garlic ⎭ *together*
½ tsp. turmeric powder
1 large chopped tomato
salt
1 tblsp. chopped coriander leaves

Heat oil and fry onions for a minute or two. Add cummin seed, *curry patta* and chilli and saute for a minute more. Add ginger and garlic, turmeric and okras and saute for 2 or 3 miuutes. Add tomato and salt just before it becomes sticky. Stir occasionally. Do not put the lid on. The okras will be ready in about 5 to 10 minutes. Garnish with coriander leaves. Serve hot.

18. KHARA PAPETA
(Sauted Potatoes)

250 gms potatoes peeled and ½" cubed
1 tblsp. oil
1 sliced onion
½ tsp. cummin seed
1 green chilli
4 cloves garlic ⎫
½" piece ginger ⎬ *chopped finely*
a few curry leaves ⎭
salt
1 large chopped tomato
1 tblsp. coriander leaves

Heat oil and fry the onions until golden. Add cummin seed and the chopped ingredients and saute for a minute more. Add potatoes and salt and saute for two minutes. Add ½ cup of water and cook on a low flame stirring occasionally until potatoes are cooked and water has dried up. Mix in the tomato and cook for another minute. Serve hot garnished with coriander leaves.

19. KOHRA NU DOHRU

(Red Pumpkin in Tamarind Water)

1 cup tamarind water
½ kg red pumpkin peeled and chopped
¼ kg chopped onions
2 tblsps. oil
6 cloves chopped garlic
½ tsp. coriander seed
½ tsp. cummin seed } *powdered*
½ tsp. black pepper
½ tsp. turmeric
2 finely chopped chillies
salt
1 ***tblsp.*** besan *(gram flour)*
1 ***tblsp.*** *jaggery*
1 ***bunch*** *finely chopped coriander leaves*

Boil pumpkin in ½ cup water and mash.

Fry onions in oil until golden brown. Add garlic, the powdered ingredients, chillies and salt and saute for a minute or two. Mix in the pumpkin.

Mix the *besan* thoroughly with the tamarind water. Add jaggery and coriander leaves and then mix all this with the pumpkin mixture. Cook on a slow flame, stirring occasionally until it thickens. Serve hot with *khichree.*

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20. LAGANSALA STEW

(Fried Mixed Vegetable Stew)

(A vegetable sweet and sour stew often eaten at Parsi weddings.)

50 gms yam
50 gms sweet potatoes
50 gms potatoes
50 gms Frenchbeans } *cubed small*
50 gms capsiscum
50 gms carrots
200 gms shelled green peas
1 twig finely chopped celery
1 large chopped onion
1 chopped green chilli
1 tsp. cummin seed and coriander seed powder
½ tsp. turmeric powder
1 tsp. garlic and ginger paste
2 chopped tomatoes
1 tblsp. sugar
salt
1 tblsp. vinegar
1 tblsp. Worcestershire sauce
2 tblsps. chopped coriander leaves
oil

Fry all cubed vegetables separately and remove from oil. Boil green peas and celery. Fry onions until tender in the

22. MATHTHO
(*Curd Cheese*)

1 kg curd
1 tblsp. salt
½ tsp. roasted and pounded cummin seed
¼ tsp. pepper

Mix all the above ingredients together. Put in a thick muslin cloth and hang so that the whey separates. This process will take 4 to 5 hours. Remove the coagulated curd from the muslin cloth.

(i) May be eaten like soft cheese, spread on salty biscuits or toast.

(ii) If hung up only for 2 to 3 hours, it can be used for a dip with crackers or wafers.

(Keep the whey for cooking vegetables. The vegetables will have a distinctive flavour.)

23. PANEER
(*Cottage Cheese*)

1 litre milk
1 tblsp. salt
½ litre sour curd

Heat milk with salt and when it comes to a boil, mix curd into the milk. Stir a little. When the curd separates from the whey, pour into a *paneer* vessel lined with a muslin cloth. Fold over the muslin. Close the lid and let the water (the whey) drain out. (Keep the whey and use it for cooking vegetables instead of water. It is more nutritious and gives a better flavour to the food.) Leave it for 2 to 3 hours. If you want it to be harder leave it for a longer period.

(If richer *paneer* is desired use ½ litre milk and ½ litre cream instead of all milk.)

24. PAPETA NU SALNU

(Savoury Potatoes)

(To be eaten with *poories* Recipe 26.)

300 gms peeled and 1" cubed potatoes
1 chopped onion
2 tblsps. oil
½ tsp. cummin seed
4 red chillies | *ground to a*
8 cloves garlic | *masala*
½ tsp. turmeric powder
salt
1 cup water
1 tblsp. Worcestershire sauce
1 tblsp. coriander leaves

Fry the onions in oil until soft, add masala and saute for a minute, add potatoes and salt and stir. Add water and bring to a boil. Simmer until potatoes are cooked, and a little gravy is left. Add Worcestershire sauce. Mix. Serve hot, garnished with coriander leaves.

25. PARSI PATREL

(Spiced Rolled Colocasia Leaves)

(Communities make it differently under different names, but the basic ingredient is the same: *Arvi* leaves. Only the mode of preparation is different. It serves as an excellent snack or as one of the dishes in a buffet.)

15 large or 30 small arvi *leaves (colocasia)*
½ cup gram flour
½ cup whole wheat flour
½ cup whole rice flour
6 red chillies
6 green chillies
1" piece ginger
1 pod garlic
1 tsp. roasted cummin seed } *ground into a masala*
1 tsp. roasted coriander seed
6 cloves
1" piece cinnamon
½ tsp. turmeric powder
2 mashed bananas
2 tblsps. chopped coriander leaves
1 cup tamarind water
2 tblsps. jaggery
6 tblsps. oil
salt

Remove the centre large stem from each of the leaves. Place a large leaf upside down. Mix all the above ingredients together except the oil into a thick paste. Add water

if required. Apply the mixture thinly on the leaf. Place another leaf on top, and again apply the mixture. Continue this process for 4 or 5 leaves if they are large or else 8 or 10 leaves if they are small. Tuck in the sides and roll as for a Swiss roll. Tie up securely with a string. This makes one *patrel* roll. Make more *patrel* rolls in a similar way. After they are all ready, heat oil in a pan, fry *patrels* on all sides, and then cover the pan with a lid. Put water on the lid. Cook on a low flame turning occasionally for 45 minutes to 1 hour. Cool. Can be refrigerated for a week or so and eaten when desired. When ready to eat, cut slices of the *patrel* ¼" thick and shallow fry. Serve with pieces of lemon.

26. POORIES
(Puffed Rounds)

1½ cups wheat flour, sifted
2 tblsps. oil
salt
oil for deep frying

Mix wheat flour with oil, salt, and enough water to make a stiff dough. Cover with a lid and leave for an hour. Knead the dough again, roll out the dough ⅛" thick and cut out rounds in 2" diameter. Deep fry until golden. Drain and eat with *Papeta Nu Salnu* (Recipe 24).

27. SEKTANI SING NO SAAS

(Drumstick Sauce)

20 tender drumsticks
1 sliced onion
1 tblsp. oil
½" piece ginger
8 cloves garlic } *finely chopped*
1 green chilli
½ tsp. turmeric powder
1 cup mutton or chicken stock or water
1 tsp. sugar
2 beaten eggs
1 tblsp. besan *or plain flour*
2 tblsps. vinegar
a few chopped coriander leaves
salt

Skin the drumsticks, cut in 2" pieces and boil until soft. Remove pulp from drumsticks discarding the waste. Keep aside the pulp.

Fry onions in oil until golden brown. Add the chopped ingredients, salt and turmeric powder and fry for a minute or two. Add the stock or water, drumstick pulp and sugar, and bring to a boil. Remove from the fire.

Mix eggs, flour and the vinegar together. Add to the above mixture. Cook on a low flame until it comes to a boil. Remove immediately from the stove or else it may curdle. Serve with *khichree* (Recipe 7) garnished with coriander leaves.
(This sauce is also delicious when served with Parsi mutton cutlets.)

28. TITORI

(Spiced Sprouted Val [Beans])

(This particular bean is available principally in Maharashtra and Gujarat.)

500 gms titori
4 tblsps. oil
2 large sliced onions
½" piece ginger
8 cloves garlic
4 dry red chillies } *ground to a*
½ tsp. turmeric powder | *masala*
½ tsp. cummin seed
½ tsp. coriander seed
salt
2 cups coconut milk
½ cup tamarind water
1 tblsp. jaggery
1 tblsp. chopped coriander leaves

Cover *titori* with water and boil until tender. (Once the masala is added, the *titori* will not cook any further.) Heat oil and fry the onions until golden in colour. Add the masala and salt. Fry for about 5 minutes. Add *titori* and mix. Add the coconut milk and simmer, stirring occasionally until a little gravy is left. Mix in tamarind water and jaggery. Cook until the jaggery is melted. Serve hot sprinkled with coriander leaves.

29. VAL NI DAR
(Val Dal)

(There is no equivalent in English for Val.)

250 gms val *dal washed and soaked overnight*
2 sliced onions
4 tblsps. oil
4 red chillies
8 mint leaves
½ tsp. turmeric powder
½" piece ginger
8 cloves garlic } *ground to a masala*
6 peppercorns
1" piece cinnamon
1 tsp. cummin seed
1 tsp. coriander seed
1 large chopped tomato
1 tblsp. worcestershire sauce
1 tblsp. jaggery
1 tblsp. chopped coriander leaves
salt

Cook *val* dal until tender with 2 cups of water. Fry onions in oil until golden. Add masala and salt and fry further for 2 or 3 minutes. Add *val* dal and the rest of the ingredients and cook over a low flame until the water dries up. Serve hot.

30. VAVRI MUG NI DAR
(Moong Dal)

200 gms moong *dal soaked in water for an hour*
2 tblsps. oil
½ tsp. mustard seed
½ tsp. cummin seed
a few chopped curry leaves
1" piece finely chopped ginger
12 cloves garlic
1 onion } *chopped*
1 green chilli
2 slit green chillies
½ tsp. turmeric powder
salt
1 tblsp. coriander leaves } *chopped*
1 tblsp. small onion

Heat oil, add mustard seed and when they splutter add all the ingredients except *moong* dal, coriander leaves and 1 tblsp. chopped onion. Saute until onions are golden brown. Add *moong* dal and 3 cups of water. Bring all the ingredients to a boil and simmer without stirring until the dal is cooked but not mashed. The grains of *moong* dal should separate when taken off the fire. If more water is required use hot water. Serve hot sprinkled with coriander leaves and onion. Serve pieces of lime with it.

31. VENGNA NI BOORIANI

(Brinjal Puree)

1 very large brinjal
2 tblsps. desi *ghee*
1 onion
2 green chillies ⎬ *chopped*
8 cloves garlic
1" piece very finely chopped ginger
1 tsp. cummin seed and coriander seed powder
1 tsp. powdered garam masala
½ tsp. turmeric powder
salt
2 large chopped tomatoes

If possible, the brinjal should be put inside a coal fire, the flavour is smoky and it tastes delicious. Otherwise put it on the gas and keep turning it until the skin comes off. If put in a coal fire, keep it there for about half an hour. Remove skin and chop very finely. Keep aside.

Heat the ghee and fry onions until soft. Add the other chopped ingredients, cummin and coriander powder and saute for a minute or two. Add garam masala, turmeric and salt. Mix well together. Add tomatoes and cook for a further minute, until tomatoes are soft. Mix in the brinjal and 1 cup of water. Simmer, stirring occasionally until the whole mixture is mushy, and the water has dried up. Serve hot.
(Instead of tomatoes ½ cup curd used gives it a slightly different flavour.)

32. VENGNA NA RAVAIYA

(Brinjals Stuffed with Spices)

250 gms tiny oblong brinjals (2" long)
1 large chopped onion
4 tblsps. oil
6 red chillies
6 cloves garlic
½ tsp. cummin seed ⎬ *ground into a masala*
½ tsp. coriander seed
¼ grated coconut
½ tsp. turmeric powder
½ cup tamarind water
1 tsp. jaggery
1 tblsp. chopped coriander leaves
salt

Slit brinjals but do not separate them on the top. Keep the stem on and put them in salt water. Fry onions in 2 tblsps. of oil until golden in colour. Add masala and salt and fry for two or three minutes. Cool. Stuff the brinjals with the masala. Heat the remaining 2 tblsps. of oil and saute on a slow fire for two to three minutes, turning over off and on. Add ½ cup of water and cook until dry, turning the brinjals over occasionally. Add tamarind water and jaggery and carefully mix it in, taking care not to dismember the brinjals. Cook until the jaggery melts. Serve hot garnished with coriander leaves.

Eda Ni Vani
(EGG DISHES)

Akoori (Masala Scrambled Eggs)
Bafela Eda ni Curry (Hard Boiled Egg Curry)
Bharuchi Eda (Spiced Hard Boiled Eggs)
Eda no Poro (Parsi Masala Egg Omelette)
Kheema per Edo (Eggs on Mince)
Kothmir per Eda (Eggs on Coriander Leaves)
Methi ni Bhaji per Eda (Eggs on Fenugreek Leaves)
Papeta per Eda (Eggs on Potatoes)
Tamota per Eda (Eggs on Tomatoes)
Wafer per Eda (Eggs on Potato Wafers)

33. AKOORI

(Masala Scrambled Eggs)

(A famous breakfast dish of the Parsis. Also can be served at any meal as a first course on toast.)

4 eggs
1 large chopped onion
2 tblsps. desi *ghee*
½ tsp. cummin seed
1 finely chopped green chilli
2 cloves finely chopped garlic
a pinch of turmeric powder
salt
1 large chopped tomato
½ tsp. sugar
1 tblsp. chopped coriander leaves

Fry the onion in ghee until golden. Add cummin seed, chilli, garlic, turmeric powder and salt and saute for a minute or two. Mix in tomato and sugar, and saute for another minute. Lightly beat the eggs and add to the above mixture. Scramble. Finally garnish with coriander leaves and serve immediately on toast.

34. BAFELA EDA NI CURRY

(Hard Boiled Egg Curry)

4 hard boiled and shelled eggs
6 tblsps. oil
2 large sliced onions
6 cloves garlic
½" piece ginger
½ grated coconut
6 red chillies
1 tsp. coriander seed } *ground into a masala*
1 tsp. cummin seed
1 tsp. peeled peanuts
1 tsp. shelled gram
1 tsp. poppy seed
½ cup tamarind water
1 tblsp. jaggery
2 tblsps. chopped coriander leaves
salt

Heat oil and fry the onions until golden. Add masala and cook on a slow flame, stirring until an aroma fills the room. Add salt, tamarind water, jaggery and 2 cups water. Bring to a boil and simmer until it thickens.

When ready to serve, heat the curry. Place halved hard boiled eggs in a dish and pour the curry over it. Garnish with coriander leaves. Serve with white boiled rice.

35. BHARUCHI EDA

(Spiced Hard Boiled Eggs)

(Originated by the Parsi settlers in Broach, Gujarat.)

8 shelled and quartered hard boiled eggs
2 tblsps. desi *ghee*
2 sliced onions
1 chopped green chilli
2 cloves chopped garlic
½ tsp. cummin seed
2 chopped tomatoes
2 tblsps. blanched and sliced almonds
2 tblsps. kishmis *(sultanas)*
1 tblsp. chopped coriander leaves
salt

Heat ghee and fry the onions until golden. Add chilli, garlic and cummin seed and fry for another minute. Add the rest of the ingredients except the eggs and coriander leaves and saute for a minute or two. Then add the eggs and coriander leaves. Toss together. Serve immediately.

36. EDA NO PORO

(Parsi Masala Egg Omelette)

2 eggs
1 tblsp. onion
1 green chilli
3 cloves garlic
¼" piece ginger } *chopped very finely*
a few twigs of coriander leaves
1 tomato
1 slice raw mango in season
¼ tsp. turmeric powder
salt
1 tblsp. oil

Mix all the above ingredients together except the eggs and oil, and squeeze out the water. Mix this mixture with the eggs. Heat the oil in a frying pan and spread the egg mixture on it. Cook on one side until golden in colour. Turn over on the other side and cook until golden brown. Serve immediately.

37. KHEEMA PER EDA

(Eggs on Mince)

250 gms Tatrelo Kheemo *(Recipe 91)*
or any left over mince
2 eggs

Spread the mince out in a frying pan. Separate the eggs. Beat the egg whites stiff. Fold in the yolks, and spread the eggs over the mince. Cover with a lid with water on it. Cook on a low flame for 3 to 5 minutes or until the eggs are set. Serve immediately.

38. KOTHMIR PER EDA
(Eggs on Coriander Leaves)

(This is a typical egg dish served at Parsi Weddings.)

4 eggs
2 large sliced onions
2 tblsps. oil or ghee
½ tsp. cummin seed
¼ tsp. turmeric powder
1 green chilli }
¼" piece ginger } *finely*
6 clove garlic } *chopped*
100 gms coriander leaves }
salt

Fry onions until soft and opaque in colour. Add the rest of the ingredients except the eggs and fry for about 3 minutes. Spread the mixture in a small frying pan. Break each of the eggs on top of the mixture so that the 4 eggs cover the entire mixture. Be careful not to break the yolks. Cover with a lid with water on top. Cook for 2 or 3 minutes until the whites of the eggs set and the yolks are as you would like them to be. Serve immediately.

39. METHI NI BHAJI PER EDA
(Eggs on Fenugreek Leaves)

4 eggs
100 gms fenugreek leaves
1 large sliced onion
8 cloves chopped garlic
2 tblsps. oil
½ tsp. cummin seed
2 chopped green chillies
½ tsp. turmeric powder
2 tblsps. coriander leaves
salt and pepper
2 large chopped tomatoes
1 tsp. sugar

Wash fenugreek leaves and chop them. Fry onion and garlic in oil until golden. Add cummin seed, green chillies, turmeric powder, fenugreek leaves and coriander leaves and saute for about 3 minutes, stirring occasionally. Add salt, pepper, tomatoes and sugar. Cook over a low flame until the mixture is a little dry. Break 4 eggs one at a time so as to cover the fenugreek mixture. Place a lid on top with water on it and cook on a low flame until the eggs are set. Serve hot.

Variation: Leela Lasan Per Eda (Eggs on Green Garlic). When available use green garlic in place of fenugreek leaves and do not use the 8 cloves of garlic.

40. PAPETA PER EDA

(*Eggs on Potatoes*)

2 eggs
3 large peeled potatoes
2 tblsps. oil
½ tsp. cummin seed
a few curry leaves ⎫
1 large onion ⎬ *chopped*
2 green chillies ⎭
¼ tsp. turmeric powder
salt
1 chopped tomato (optional)
1 tblsp. chopped coriander leaves

Wash and quarter the potatoes lengthwise, and slice thinly.

Heat the oil in a frying pan. Add cummin seeds, curry leaves and fry for a minute. Add the onions and green chillies and saute until onions are golden in colour. Add turmeric and mix. Add potatoes and mix well together. Cook on a low flame stirring occasionally. Cover the potatoes with water on the lid. The potatoes will be cooked in about 5 minutes. Add the tomatoes and mix together. Cook further for another minute. Mix in the coriander leaves.

Separate the yolks from the whites of the eggs. Beat the egg whites stiff with a pinch of salt. Fold in the egg yolks. Spread this mixture on top of the potatoes. Place a lid with water on the top and cook on a low flame for about 5 minutes until the eggs are set. Cut into pieces and serve immediately.

41. TAMOTA PER EDA

(*Eggs on Tomatoes*)

2 eggs
6 large sliced tomatoes
1 tblsp. oil
1 sliced onion
½ tsp. cummin seed
6 cloves chopped garlic
1 finely chopped chilli
1 tsp. sugar
salt
1 tblsp. chopped coriander leaves

Heat the oil, add onions, cummin seed and garlic and saute for a minute or two. Add tomatoes and cook for a further couple of minutes. Mix in sugar, salt and coriander leaves. Spread the mixture in a small frying pan.

Separate the eggs. Beat the egg whites until stiff, fold in the yolks, and spread the eggs over the tomato mixture. Put a lid over it, and water on top of the lid. Cook on a low flame for 3 to 5 minutes or until the eggs are set. Serve immediately.

42. WAFER PER EDA

(Eggs on Potato Wafers)

4 eggs
100 gms potato wafers
1 tblsp. oil
1 large sliced onion
½ tsp. cummin seed
1 finely chopped chilli
1 finely chopped tomato
a few twigs of finely chopped coriander leaves
salt

Heat oil, fry the onions until golden. Add all the ingredients except potato wafers and eggs. Saute until tomatoes are tender. Add potato wafers, and salt and mix in 2 tblsps. of water, cover with a lid, and let it cook for a minute or two. When the wafers are soft and the mixture is hot, spread the wafer mixture. Break each egg separately on top of the wafer mixture so as to cover the entire mixture. Cover with a lid with hot water on top and cook on a low flame until the eggs are set, the way you want them. Serve immediately.

(The wafer mixture may be prepared ahead of time, but the eggs must be broken on top of the mixture and cooked only when the dish is ready to be served.)

Machhi Ni Vani

(FISH DISHES)

Boomla na Cutless (Fresh Bombay Duck Cutlets)
Sookha Boomla na Tarapori Patio (Curried Dried Bombay Duck)
Tarela Boomla (Fried Fresh Bombay Duck)
Tareli Machhi (Fried Fish)
Khari Macchi (Fish with Onion Sauce)
Machhi ni Moley (Fish Moley)
Machhi no Saas (Fish Sauce)
Patrani Machhi (Chutney Fish in Banana Leaves)
Colmi ni Curry (Prawn Curry)
Colmi na Kavab—I (Prawn Kababs)
Colmi na Kavab—II (Prawn Kababs)
Colmi nu Salnu (Dried Minced Prawn)
Colmi na Saas (Prawn Sauce)
Cootoe (Spiced Tiny Shrimps)
Vengna na Ravaiya **(Small Stuffed Brinjals with Prawns)**

43. BOOMLA NA CUTLESS

(Fresh Bombay Duck Cutlets)

8 Bombay ducks
1 bunch coriander leaves } ground
3 green chillies } together
¼ tsp. pepper
2 beaten eggs
½ cup breadcrumbs
ghee
salt

Remove the centre bone of each Bombay duck and flatten. Apply salt and keep aside for 30 minutes to drain out the water. Apply the ground ingredients and pepper. Dip in eggs, press in breadcrumbs and shallow fry, turning once until crisp. It will take approximately 5 to 7 minutes. Serve immediately.

44. SOOKHA BOOMLA NO TARAPORI PATIO

(Curried Dried Bombay Duck)

(This is a speciality which originated amongst the Parsis of Tarapore—now in Gujarat.)

20 dried Bombay ducks (Sookha Boomla)
6 tblsps. oil
6 large sliced onions
10 deseeded dry red chillies
12 cloves garlic
1 tsp. roasted cummin seed
½ tsp. roasted coriander seed
3 cloves
6 peppercorns
½" stick cinnamon
} *ground with vinegar into a masala*
½ cup vinegar
½ tsp. turmeric powder
salt
1 tblsp. jaggery

Pound and shred the Bombay ducks and soak them in water for about 15 minutes. Heat oil in a pan and fry the onions until brown in colour. Add ground masala, the remaining vinegar and turmeric and stir for a minute or two. Add the Bombay ducks, salt, and a little water. Cook stirring occasionally on a slow flame until the Bombay ducks are tender and and the oil floats on the top.

Can be eaten hot or cold. If desired it can be made dry and served as a pickle, or else cooked in a slightly liquid form and served with *khichree.*

This can be stored in an air-tight jar for a month in the refrigerator.

45. TARELA BOOMLA

(Fried Fresh Bombay Duck)

8 Bombay ducks
salt
½ tsp. turmeric powder
½ tsp. chilli powder
4 tblsps. rice flour
4 green chillies

Wash Bombay ducks and apply salt. Keep aside for half an hour. Drain out the water. Apply turmeric powder and chilli powder to them. Slit each green chilli into half length-ways and slide the half chilli into the stomach of the Bombay duck. Keep until ready to fry. Roll in rice flour and shallow fry for 5 to 7 minutes. Serve immediately.

46. TARELI MACHHI
(Fried Fish)

1 large Pomfret or any other fish cut in 4 pieces
salt
8 cloves garlic
2 dry red chillies
½ tsp. cummin seed
½ tsp. turmeric powder
8 tblsps. oil
ground into a masala

Wash the fish and apply salt. Keep for 15 minutes and then wash off the salt. Mix the ground masala with salt. Apply it on the fish and keep in the refrigerator until ready to fry.

Heat oil until it smokes in a frying pan and put in the pieces. Fry on one side until the fish leaves the pan freely or else the skin will come off. Then turn on the other side. Serve immediately. Garnish with potato crisps if desired.

47. KHARI MACHHI
(Fish with Onion Sauce)

(Delicious with *khichree* or even eaten with *chappati* or bread.)

1 large Pomfret or any other fish cut in slices
salt
¼ kg thinly sliced onions
2 tblsps. oil
6 cloves thinly sliced garlic
1 tsp. pounded cummin seed
2 green chillies slit from the middle
2 chopped tomatoes
1 bunch chopped coriander leaves

Apply salt to the fish and leave for about 15 minutes. Wash it and keep aside. Fry onions in oil until golden in colour. Add garlic and cummin seed, green chillies and fry for a minute or two. Then add tomatoes and the coriander leaves and 1 cup water. Let it come to a boil. Simmer the sauce for 15 minutes. Add fish and further simmer with the lid on for another 5 minutes until the fish is cooked. Serve hot.

48. MACHHI NI MOLEY

(Fish Moley)

½ kg. fish
4 tblsps. ghee
1 large sliced onion
2 whole slit green chillies
8 cloves pounded garlic
1 tsp. cummin seed
3 green chillies
½" piece ginger
8 cloves garlic
1 tsp. poppy seeds } *ground into a masala*
1 tblsp. washed and dried rice
¼ tsp. turmeric powder
salt
2 cups coconut milk
juice of 2 limes

Clean fish and cut into pieces. Apply salt and keep aside.

Heat ghee add the onion and fry until golden. Add salt green chillies, pounded garlic and salt and saute for a minute. Add the masala and mix for another minute. Mix in the coconut milk slowly until well blended. Bring to a boil. Wash and add fish and simmer for 5 to 10 minutes until the fish is cooked. Add lime juice. Serve hot with white boiled rice.

49. MACHHI NO SAAS

(Fish Sauce)

1 Pomfret or any other fish cut into 8 pieces
1½ tblsps. salt
4½ tblsps. vinegar
4 tblsps. oil
½ tsp. cummin seed
1 green chilli
8 cloves garlic } *finely chopped*
½" piece ginger
1 sliced onion
¼ tsp. turmeric
4 cups water
2 eggs
4 tsps. sugar
2 tblsps. gram flour or plain flour
1 tblsp. chopped coriander leaves (optional)

Wash fish and apply 1 tblsp. salt and ½ tblsp. vinegar. Keep aside.

Heat oil, add cummin seed, green chilli, garlic, ginger and onions and fry until onions are golden in colour. Mix in turmeric and the remaining salt. Cook for a further minute or two. Add the water. Let it come to a boil and let it simmer for about 5 minutes. Wash the fish again and add the pieces. Cook for 5 to 10 minutes with the lid on top, turning over once.

In the meantime, beat eggs, then mix sugar, flavour and vinegar. When the fish is cooked, carefully add the egg mixture, stirring constantly so that no lumps form. Be careful not to break the pieces of fish. Serve hot, garnished with coriander leaves.

50. PATRANI MACHHI
(Chutney Fish in Banana Leaves)

(A favourite dish served at Parsi weddings.)

Green Chutney :

½ grated coconut
4 green chillies
½ tsp. cummin seed
6 cloves garlic
2 tblsps. coriander leaves } *ground to a paste*
a few mint leaves
1 green raw mango or
1 tsp. tamarind
salt
1 Pomfret or any fish cut in slices
salt
banana leaves
oil

Wash, clean and apply salt to the fish and keep for about ½ an hour.

Cut each banana leaf approximately 8″ × 8″. There should be equal quantity of banana leaf pieces as the pieces of fish. Heat each piece of leaf on the gas fire on either side for a few seconds, until the leaf is soft. Repeat the process until all the pieces are softened.

Wash the fish again and apply chutney quite liberally all over the pieces of fish. Wrap each piece of fish in a piece of banana leaf folding the sides in and tie firmly with a piece of string.

Shallow fry in oil in a frying pan on a low flame, on one side for about 5 minutes, then on the other side for another 5 minutes. Cover with a lid and fry further for about 5 minutes until the leaves turn dark and the fish is cooked inside. This can be tested with a skewer put through the middle of one piece of fish. If the skewer goes through easily, the fish is ready. Serve hot.

51. COLMI NI CURRY

(Prawn Curry)

1 kg large prawns
salt
4 tblsps. oil
4 large sliced onions
a few chopped curry leaves
1 onion
1 tsp. cummin seed
1 tsp. mustard seed
1 tsp. coriander seed
8 Goa or Kashmir chillies, deseeded | *ground into a*
1 tsp. peanuts } *masala*
1 tsp. channa *(grams)*
8 cloves garlic
½" piece ginger
½ tsp. turmeric powder
½ grated coconut
2-3 slit green chillies
4 large chopped tomatoes
2 cups coconut milk

Shell prawns keeping their heads on. Remove the black veins. Wash and apply salt and keep them aside.

Heat oil, fry onions and curry leaves until onions are golden brown in colour. Fry the masala sprinkling water on top and keep stirring until an aroma fills the room. Add the salt, green chillies and tomatoes and cook further for two or three minutes. Wash prawns and add to the masala. Stir for a minute or two. Add 1 cup of water. Simmer and stir occasionally for 15 to 20 minutes until prawns are cooked. Add the rest of the ingredients. This curry will be rather thick. Serve hot with white boiled rice and *cachumbar*.

52. COLMI NA KAVAB—I

(Prawn Kababs)

300 gms shelled and deveined prawns
1 tsp. cummin seed
1 green chilli
1 large onion } *finely*
6 pods garlic *chopped*
1 tblsp. coriander leaves
½ tsp. turmeric powder
salt and pepper
1 tblsp. Worcestershire sauce
1 egg
oil for deep frying

Wash and apply salt to the prawns and keep for at least 30 minutes. Wash again and pound them. Add the rest of the ingredients except the egg and pound again until well blended. Knead in the egg. Make into ½" to ¾" balls and deep fry for 7 to 10 minutes, until golden brown. Serve hot.

Variation: For *Colmi Na Cutless* (prawn cutlets) the same mixture may be used, except that in preparing the mixture, it may be put twice through a mincer and need not be pounded. Pat them into shape on dry breadcrumbs and then dip them into the egg and fry.

53. COLMI NA KAVAB—II

(Prawn Kababs)

250 gms shelled prawns
salt
½ tsp. cummin seed
¼ tsp. coriander seed
1 tblsp. chopped coriander leaves
½ tsp. turmeric powder
1 green chilli } *ground into*
6 cloves garlic *a masala*
1 small onion
1 small onion, chopped and fried
1 tsp. garam masala
2 eggs
¼ cup breadcrumbs
oil for deep frying

Wash and apply salt to the prawns. Keep aside for about 30 minutes. Mix with the masala and pound all the ingredients, (except the eggs and breadcrumbs) together. Mix in the eggs. Make balls (*kavabs*). Roll each one in breadcrumbs and deep fry for 7 to 10 minutes. Drain and eat hot.

54. COLMI NU SALNU
(Dried Minced Prawns)

½ kg shelled and deveined prawns
3 tblsps. oil
¼ kg sliced onions
6 cloves garlic } ground
½ tsp. cummin seed } together
½ tsp. turmeric powder
1 chopped bunch of coriander leaves
4 chopped green chillies
salt
2 tblsps. Worcestershire sauce or vinegar

Wash prawns, apply salt and keep for half an hour. Wash again, dry and chop finely. Heat the oil and fry the onions until brown in colour but not burnt. Add the rest of the ingredients except the Worcestershire sauce, and brown together on a low flame till dry. Finally add the Worcestershire sauce, mix and remove from the fire

(Can be eaten with boiled white rice or with *poories* and can also be served in a buffet.)

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55. COLMI NO SAAS
(Prawn Sauce)

500 gms shelled and deveined prawns
salt
1 large chopped onion
4 tblsps. oil
2 green chillies } finely
8 cloves garlic } chopped
½ tsp. cummin seed
2 tblsps. vinegar }
1 tblsps. sugar } mixed well
1 egg } together
1 heaped tblsp. flour }
1 tblsp. chopped coriander leaves

Apply salt to the prawns and keep them for about 30 minutes.

Fry onions in oil, add chillies, garlic and cummin seed, and fry for a further minute or two.

Wash prawns and salt to the onion mixture and fry until the prawns are pink in colour. Add 2 cups of water and simmer until the prawns are cooked. Mix in the egg mixture carefully and bring to a boil slowly, so that the eggs do not curdle. Serve immediately, garnished with coriander leaves. This is eaten with *khichree*.

56. COOTOE

(Spiced Tiny Shrimps)

(During the monsoons, these tiny shrimps are available in Bombay and along the Western Coast. They taste delicious when cooked this way.)

- *300 gms* cootoe *(tiny shrimps)*
- *2 tblsps. oil*
- *2 large sliced onions*
- *½ tsp. cummin seed*
- *2 slit green chillies*
- *6 cloves finely chopped garlic*
- *a few curry leaves*
- *salt*
- *1 tblsp. Worcestershire sauce*
- *3 large chopped tomatoes*
- *1 bunch chopped coriander leaves*
- *1 tblsp. heaped jaggery*

Clean the shrimps well by removing tiny fish, whiskers, etc., and wash several times. On a *tawa* heat oil and fry onions, cummin seed, chillies, garlic and curry leaves until onions are golden in colour. Add shrimps and salt. Keep turning over and over again until the water has dried up. Add the rest of the ingredients. Cook further for about 5 minutes more.

This may be eaten with boiled white rice or as a separate fish dish.

57. VENGNA NA RAVAIYA

(Small Stuffed Brinjals with Prawns)

- *500 gms small brinjals*
- *250 gms small, shelled and deveined prawns*
- *4 tblsps. oil*
- *1 large finely chopped onion*
- *½ tsp. cummin seed*
- *2 chopped green chillies*
- *1 tsp. ginger and garlic paste*
- *¼ tsp. turmeric powder*
- *¼ cup tamarind water*
- *1 tblsp. jaggery*
- *2 cups coconut milk*
- *2 tblsps. chopped coriander leaves*
- *salt*

Quarter each brinjal but do not disjoin it at the top retaining a bit of the stem. Soak in salt water. Wash prawns, apply salt and keep for half an hour. Wash again. Heat the oil and fry the prawns for 3 minutes until pink in colour. Remove prawns from the oil, drain and keep aside. In the same oil fry onions until golden brown. Add cummin seed and green chillies and fry for a further minute. Then add ginger and garlic paste, turmeric powder, and salt. Put in the prawns and fry for a minute or two. Add tamarind pulp and jaggery and mix until the mixture is reasonably thick.

Stuff each brinjal with the mixture and put back in the pan with any left over mixture. Pour the coconut milk over, and cook on a slow fire until the brinjals are soft, and a little gravy is left. Sprinkle with coriander leaves. Serve hot.

(This dish tastes even better if kept in the refrigerator and eaten a day later. Goes well with *khichree*.)

Marghi
(CHICKEN)

Badami Marghi (Chicken in Almond Gravy)

Mai Vala (Baked Chicken Supreme Topped with Eggs)

Marghi na Farcha (Fried Chicken)

Sali ma Marghi (Chicken with Potato Straws)

58. BADAMI MARGHI

(Chicken in Almond Gravy)

1 whole chicken, jointed
100 gms ground almonds or a mixture of cashew-nuts and almonds
1 large chopped onion
1 tblsp. desi *ghee*
1" piece broken cinnamon
2 slit green chillies
4 cloves chopped garlic
4 thin slices of ginger
2 peeled and quartered potatoes
3 cups coconut milk
salt

Fry onion in ghee until golden. Add cinnamon, chillies, garlic and ginger, and saute for a minute. Add chicken, potatoes and salt. Stir for about 5 minutes.

Mix together coconut milk and ground almonds carefully so that no lumps form. Add this to the chicken, and bring to a boil. Simmer, stirring occasionally, until the chicken and potatoes are cooked and a thick gravy is left.

Variation: Mutton may be made in the same way, but use large pieces of mutton, and 4 cups of coconut milk.

59. MAI VALA

(Baked Chicken Supreme Topped with Eggs)

(This is an excellent buffet dish since the chicken is boneless.)

1 cup cooked, shredded chicken
2 tblsps. chopped almonds or cashew-nuts
2 tblsps. kismis *(sultanas)*
1 chopped green chilli
2 tblsps. fried brown onions
2 tblsps. chopped coriander leaves
1 cup lightly beaten cream
4 eggs, whites and yolks separated
salt

Mix lightly together all the ingredients except the cream and eggs and spread the mixture on a flat pyrex dish. Spread the cream over the chicken. Beat the egg whites stiff, mix in the yolks lightly. Spread the beaten eggs over the cream. Grill until eggs are slightly browned. Serve immediately. (This dish can be prepared almost at a moment's notice with left over pieces of roast or boiled chicken.)

60. MARGHI NA FARCHA

(Fried Chicken)

1 kg broiler chicken cut into 8 pieces
½" piece ginger }
8 cloves garlic } *ground to a masala*
½ tsp. cummin seed }
2 red chillies }
salt
4 well-beaten eggs
oil for deep frying

Wash the chicken pieces, apply masala and salt, and marinate overnight in a refrigerator. Take out the chicken pieces and thaw to room temperature. Heat oil, dip each piece of chicken well in the egg and deep fry. Serve hot.

61. SALI MA MARGHI

(Chicken with Potato Straws)

1 kg chicken, jointed
2 tblsps. oil
½ tsp. cummin seed
1 tsp. curry patta } *chopped*
2 large onions }
3 green chillies }
½" piece ginger }
6 cloves garlic } *ground to a paste*
½ tsp. turmeric powder }
1 tsp. garam masala }
salt

Heat the oil, put in cummin seeds and *curry patta* and when they splutter add the onions and cook until golden in colour. Add the ground paste and further cook stirring for another minute or two. Mix in the chicken and salt and cook stirring, until dry. Add 3 cups of water and bring to a boil. Simmer, stirring occasionally until a thick gravy is left. Serve hot with potato straws.

Gosht Ni Vani

(MEAT DISHES)

Cauliflower ma Gosht (Mutton in Coconut Milk and Cauliflower)
Channa ni Dar ma Gosht (Mutton in Gram Dal)
Chas Paelo Kan ma Gosht (Sweet Potatoes in Sugar Gravy with Mutton)
Dahi ma Gosht (Mutton in Curd)
Dhodhi ni Booryani (White Pumpkin Cooked with Mutton or Chicken)
Dhodhi no Doombo (Stuffed White Pumpkin)
Dooker na Gosht ni Curry (Pork Curry)
Gosht nu Baffat (Masala Mutton)
Gosht na Frilly Cutless (Minced Mutton Frill Cutlets)
Gosht nu Vindaloo (Pork or Mutton Vindaloo)
Garavy na Cutless (Mutton Cutlets in Tomato Gravy)
Jardaloo ma Gosht (Mutton Cooked with Dried Apricots)
Khara Papeta ma Ghosht (Mutton Cooked with Potatoes)
Kharia (Sheep Trotters in Masala)
Kheema na Pattice (Mince Patties)

Kid nu Gosht (Spiced Lamb)
Masoor ma Gosht (Meat in Black Lentils)
Mattan Chaap (Mutton Chops)
Oobaryu (A Parsi Potpourri)
Papeta ma Kid (Baby Lamb with Potatoes)
Papri ma Gosht (Indian Flat Beans with Meat Balls)
Papri ma Kavab (Indian Flat Beans with Meat Balls)
Parsi Gosht ni Curry (Typical Parsi Mutton Curry)
Sali Boti (Meat with Potato Straws)
Seekh Boti (Shashlik—Meat on Skewers)
Seena na Chaap (Mutton Chops)
Tamota Papeta ne Vatena ma Gosht (Mutton in Tomatoes, Stew)
Tari no Batervo (Mutton Cooked in Toddy in an Earthenware Pot)
Tatrelo Kheemo (Dry, Spicy Mince)
Vatena Bhaji ma Gosht (Meat in Mixed Spinach and Greenpeas)

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62. CAULIFLOWER MA GOSHT
(Mutton in Coconut Milk and Cauliflower)

500 gms cubed mutton
1 finely chopped onion
2 tblsps. oil
½" piece cinnamon
2 slit green chillies
½" piece ginger } *finely*
8 pods garlic } *chopped*
1 large cauliflower
1 cup coconut milk or plain milk
salt

Fry onions in oil until golden. Add cinnamon, chillies, ginger and garlic and fry for a minute or two more. Add mutton and saute for a few minutes. Add 2 cups of water and cook until the mutton is tender and the liquid has dried up. Add large pieces of cauliflower, coconut milk and salt and further simmer for 10 to 15 minutes so that a little gravy is left. The cauliflower should remain firm. Serve hot.
(Chicken cut in pieces may be substituted for mutton.)

63. CHANNA NI DAR MA GOSHT

(Mutton in Gram Dal)

500 gms cubed mutton
250 gms channa *dal washed and soaked in water for 1 hour*
4 tblsps. oil
2 large sliced onions
4 red chillies
1 tsp. cummin seeds
1 tsp. coriander seeds
½ tsp. turmeric powder
1" piece ginger } *ground to a masala*
8 cloves garlic
½" piece cinnamon
6 peppercorns
salt
1 tblsp. chopped coriander leaves

Boil *channa* dal with 4 cups of water. Cook until tender. Keep aside.

Heat oil and fry the onions until golden brown. Remove half from oil and keep aside. Saute masala with the remaining onions. Add salt and mutton. Cook for 5 minutes on a low flame stirring occasionally. Add 4 cups of water. Simmer for about 30 minutes until the mutton is three quarters cooked. Add *channa* dal and cook for another 30 minutes until the mutton is tender and very little gravy is left. Garnish with coriander leaves and fried onions. Serve hot.

64. CHAS PAELO KAN MA GOSHT

(Sweet Potatoes in Sugar Gravy with Mutton)

Kan (Sweet Potatoes) :

250 gms peeled and ½" cubed sweet potatoes
ghee for deep frying
½ cup jaggery
½ cup water

Gosht (Mutton) :

300 gms mutton
1 tblsp. oil
1 chopped onion
½" piece broken cinnamon
4 cloves
3 cardamoms
2 slit green chillies
1 tsp. ginger and garlic paste
salt

Bring the sweet potatoes to a boil, simmer for 2 to 3 minutes. Drain them. Deep fry sweet potatoes for about 10 minutes, until golden brown. Remove from ghee.

Boil jaggery and water until it reaches one thread consistency. Add the sweet potatoes and simmer for 5 to 10 minutes.

Heat the oil and fry onions, cinnamon, cloves and cardamoms until onions are golden in colour. Add chillies, ginger and garlic paste and salt and further fry for a minute. Add the mutton, stir occasionally and brown for 3 to 5 minutes. Add 4 cups of water, bring to a boil and then simmer for about 1 hour until the mutton is cooked, and some gravy is left.

Put in the sweet potatoes, mix and serve hot.
(Chicken cut in pieces may be substituted for mutton.)

65. DAHI MA GOSHT

(Mutton in Curd)

1 kg ½" cubed mutton
1 large chopped onion
2 tblsps. oil
3 slit chillies
½ tsp. cummin seed
½" piece cinnamon, broken in pieces
6 peppercorns
salt
¼ tsp. turmeric powder
1 kg curd
1 tblsp. chopped coriander leaves

Fry the onions in oil until light brown in colour. Add all the other ingredients except mutton and curd, and cook for a further minute or two. Add mutton and cook for 5 minutes stirring occasionally. Mix in the curd and bring to a boil. Lower the flame and simmer for about 1 hour until the meat is tender and a little gravy is left. Serve hot, garnished with coriander leaves.
(Chicken cut in pieces may be substituted for mutton.)

66. DHODHI NI BOORYANI

(White Pumpkin Cooked with Mutton or Chicken)

500 gms mutton cut in ½" cubes
or
1 chicken, jointed
1 kg skinned white pumpkin cut into pieces
1 large sliced onion
1 tblsp. oil
2 slit green chillies
½ tsp. cummin seed
a few chopped mint leaves
a few curry leaves
½" piece ginger ⎫ finely
6 cloves garlic ⎭ chopped
4 papercorns
1" piece broken cinnamon
½ tsp. turmeric powder
salt
1 large chopped tomato
1 tblsp. chopped coriander leaves

Fry the onions in oil until soft. Add the spices and saute for a minute or two. Then add the mutton or chicken and cook, stirring for about 10 minutes. Add pumpkin. Cook, stirring for a further 5 minutes. Add 3 cups of water and simmer for about 1 hour until the meat is tender. Add the tomato and cook for a minute or two. Remove meat from the pumpkin and keep aside. Mash the pumpkin or liquidize it. Put the meat back with the pumpkin and cook further for 10-15 minutes until most of the water dries up. Garnish with coriander leaves. Serve hot with brown rice.

Variation: If eaten without brown rice it is called *Dhodhi ma Gosht.* (white pumpkin cooked with meat.)

67. DHODHI NO DOOMBO

(Stuffed White Pumpkin)

¾ kg to 1 kg round white pumpkin
750 gms tiny cubed pieces of mutton
2 large chopped onions
2 tblsps. oil
½ tsp. cummin seed
2 green chillies
½" piece ginger *finely*
8 cloves garlic *chopped*
2 twigs celery
½ tsp. turmeric powder
salt
50 gms chopped cashew-nuts
20 gms. kismis *(sultanas)*

Peel the pumpkin, cut a thick slice from the top and keep it aside as a lid. Remove the pulp from the inside of the pumpkin with a spoon, being careful not to tear it.

Fry the onions in oil until golden brown, add the finely chopped ingredients, turmeric, mutton, salt and the pumpkin pulp. Brown on a low fire until it dries, and the mutton is cooked. Mix in cashew-nuts and sultanas. This is the stuffing.

Fill up the cavity of the pumpkin with the stuffing and cover it with the pumpkin lid. Apply a little oil to a thick flat bottomed *deckchi*, place the pumpkin in it. Close the *deckchi* with a tight fitting lid with water on the lid. Cook on a low flame, for 10 minutes. Tilt this water into the *deckchi* replacing the water on the lid. Cook for further 45 minutes to 1 hour until the pumpkin is fairly well cooked. Add the lid water when required replacing it again. Take care to see that the pumpkin does not flop. Serve hot. (This is an attractive party dish and tastes good.)

68. DOOKER NA GOSHT NI CURRY
(Pork Curry)

1 kg 1" cubed pork with fat
2 sliced large onions
4 tblsps. oil
a few chopped curry leaves
½" piece ginger
6 cloves garlic
1" piece cinnamom
4 cloves
4 cardamoms } *ground into a masala*
4 peppercorns
6 dry red chillies
1 tsp. coriander seed
1 tsp. cummin seed
½ tsp. turmeric powder
salt
2 large quartered potatoes
2 large chopped tomatoes
½ cup tamarind water
1 tblsp. jaggery

Fry the onions in oil. Add the curry leaves and masala and fry stirring on a slow fire until browned. Add pork and further brown it. Add salt and 6 cups of water, and bring to a boil. Simmer until half the water has dried up. Add the potatoes and cook further on a low flame, stirring occasionally, for 1 to 1½ hours until the pork and potatoes are cooked. The curry should be reasonably thick, and

the fat should float on top. Add tomatoes, tamarind water and jaggery and simmer further for 15 to 20 minutes. Serve hot with boiled white rice. (Mutton or chicken cut in pieces may be substituted for pork.)

69. GOSHT NU BAFFAT

(Masala Mutton)

500 gms 1" cubed mutton
1" piece cinnamon
6 cloves
6 cardamoms
½" piece ginger
12 cloves garlic
12 dry red chillies } *ground into a masala*
1 tsp. cummin seed
1 tsp. poppy seed
1 tblsp. peanuts
½ tsp. turmeric powder
½ grated coconut
salt
2 large chopped onions
oil
2 large potatoes peeled and cut in large pieces
100 gms shelled peas
100 gms frenchbeans halved
100 gms carrots cut in ½" rounds

Marinate mutton in ground masala and salt and keep for a couple of hours.

Fry onions in oil until brown, add the mutton and cook further until it browns a little but does not stick to the pan. Add 3 cups of water and bring to a boil. Stir occasionally and simmer for about 30 minutes until the meat is half cooked, then add the vegetables, and cook for another 30

minutes until the meat is tender, and the vegetables are cooked. If more water is required use hot water. There should be a thick gravy left. Serve hot. *Khichree* goes well with *Baffat.*

(Chicken cut in pieces may be substituted for mutton.)

70. GOSHT NA FRILLY CUTLESS

(Minced Mutton Frill Cutlets)

500 gms minced mutton
2 large slices of bread soaked in water
½" piece ginger
6 cloves garlic } *ground to a paste*
½ tsp. cummin seed
1 small onion
2 green chillies } *finely*
1 tblsp. coriander leaves *chopped*
a few curry leaves
¼ tsp. turmeric powder
1 tblsp. Worcestershire sauce
salt
breadcrumbs
4 beaten eggs
oil or ghee for deep frying

Squeeze out the water from the slices of bread and mix them together with all the above ingredients except the breadcrumbs and eggs. Make round or oblong cutlets. Press in breadcrumbs: Mix 4 tblsps. of water with the eggs and dip each cutlet in the egg mixture and deep fry in hot oil. While each cutlet is frying sprinkle more egg on top of it, to form the frills. Serve immediately.

71. GOSHT NU VINDALOO

(Pork or Mutton Vindaloo)

(Pork tastes better, but mutton is as good.)

500 gms pork or mutton cut into 1" pieces
6 red dry chillies
½" piece ginger
8 cloves garlic
½ tsp. cummin seed
½ tsp. turmeric powder *ground with 2 tblsps. of*
6 shelled cardamoms } *vinegar into a masala*
4 cloves
½" stick cinnamon
6 peppercorns
½ tsp. coriander seed
4 tblsps. oil
100 gms tiny peeled potatoes
100 gms tiny peeled onions
100 tiny tomatoes
250 gms shelled and boiled green peas
salt

Marinate pork in the ground masala and salt and keep for at least 2 hours. Heat oil and fry the pork for about 10 minutes or more until the aroma fills the room. Add about 4 cups of water and bring to a boil. Simmer with a lid on top with water on it for about 45 minutes until the meat is three quarters cooked. Stir occasionally so that the mixture does not stick to the pan. Add the potatoes, onions and tomatoes. Simmer until the meat and vegetables are cooked. If more water is required use hot water and never cold. Mix in the green peas. Serve piping hot. (Chicken cut in pieces may be substituted for mutton or pork.)

72. GARAVY NA CUTLESS

(Mutton Cutlets in Tomato Gravy)

Mutton Cutlets:

300 gms mince
1 tsp. ginger and garlic paste
½ tsp. cummin seeds
6 mint leaves } *finely chopped*
2 green chillies }
1 chopped and fried onion
1 tblsp. chopped coriander leaves
1 tblsp. Worcestershire sauce
1 tsp. lime juice
salt and pepper
3 slices bread soaked in water
dry breadcrumbs
3 beaten eggs
oil

Tomato Gravy:

2 large chopped tomatoes
1 cup meat stock or water
1 finely chopped onion
1 tblsp. oil
1 green chilli }
1 twig celery } *finely chopped*
6 cloves garlic }
1 tblsp. Worcestershire sauce
2 tsps. sugar
1 tblsp. cornflour
salt

For the cutlets: Squeeze water out of the slices of bread. Mix all the ingredients well except the dry breadcrumbs, eggs and oil, and keep for an hour or two. Make 8 cutlets out of the mixture, press in the breadcrumbs, then dip in eggs and deep fry.

For the gravy: Fry the onions in oil until golden, add the green chilli and celery and cook until soft. Add the Worcestershire sauce, sugar and salt. Mix the cornflour with stock and pour into the fried ingredients. Keep stirring until it thickens.

Place the cutlets in a dish and pour the gravy over them. Serve hot, garnished with mint and coriander leaves.

(The raw cutlets and the gravy may be prepared ahead, but the cutlets must be dipped in the eggs at the last minute and then fried.)

73. JARDALOO MA GOSHT

(Mutton Cooked with Dried Apricots)

500 gms 1" cubed mutton
250 gms dried apricots soaked in water overnight
2 large onions sliced
½" piece ginger ⎫
6 cloves garlic ⎪
½ tsp. cummin seed ⎬ *ground to a masala*
6 red chillies ⎪
⅛ tsp. turmeric powder ⎭
2 large potatoes peeled and quartered
oil
salt

Heat 4 tblsps. of oil and fry the onions until golden brown. Add the ground masala and sauté for two to three minutes. Add the mutton and salt and fry again, stirring until dry. Add 4 cups of water and bring to a boil, stirring occasionally. Cover the pan with water on the lid. Simmer for about 30 minutes until the water is reduced to half the quantity.

In the meantime in another vessel cover potatoes with water, add salt and boil for two to three minutes. Remove from water and deep fry in oil, until golden. Add potatoes and soaked apricots to the half cooked mutton, and simmer for about 30 minutes until the meat is tender and the gravy thickens. If more water is required use hot water. Serve hot.

(Chicken cut in pieces may be substituted for mutton.)

74. KHARA PAPETA MA GOSHT

(Mutton Cooked with Potatoes)

500 gms 1½" cubed mutton
2 large potatoes peeled and quartered
3 large onions sliced
2 tblsps. oil
1 dry red chilli
½ tsp. cummin seed
1 dessertspoon ground ginger and garlic
3 peppercorns
½" stick cinnamon
salt

Fry the onions in oil until golden brown. Add the rest of the ingredients except mutton and potatoes. Fry for a minute or two and then add the mutton and brown until dry. Add the potatoes and about 4 cups of water. Cook for about 1 hour. Serve hot.

(Chicken cut in pieces may be substituted for mutton.)

Daisy Nayal

75. KHARIA

(Sheep Trotters in Masala)

(This is generally eaten during the winter months.)

1 doz. trotters (front legs)
200 gms chora (chavli, *cow peas soaked overnight)*
1 tblsp. chuna *(lime)*
4 tblsps. whole wheat flour
4 tblsps. oil
500 gms onions sliced
1" piece ginger
12 cloves garlic
1 tsp. roasted coriander seed
1 tsp. roasted cummin seed
½ tsp. mustard seed
8 dry red chillies
6 cardamoms
6 cloves
1" stick cinnamon
1 tsp. turmeric powder
} *ground into a masala* (oil to turmeric powder)
1 bunch coriander leaves
salt

To clean the trotters boil water with *chuna* and put the trotters in. Continue to boil for about 15 minutes. Test one trotter by taking it out of the boiling water and removing the hair. If the hair comes off, take the deckchi off the fire, if not, continue to boil further. Take one trotter at a time, pull the hair off, and with a sharp knife remove all the finer hairs from each trotter. Between the paws of each trotter there is a bead-like thing, that has also to be removed. Now apply the flour and rub it all over the trotters kneading it in to clean them thoroughly. Wash. Break each trotter with a knife in 3 pieces but do not cut them in between. Your trotters are now ready for cooking.

Boil the trotters until tender with plenty of water. If more water is to be added only add hot water. If done in a pressure cooker, they will take 40 minutes to an hour depending on how tender they are, but if done without the pressure cooker they can take 3 to 4 hours. They are best cooked on a coal fire.

Boil cow peas for 30 minutes until tender. Fry the onions in oil until brown in colour. Add the ground masala and salt and fry for a further 2 to 3 minutes. Add the cooked trotters and the cow peas. Cook on a slow fire until the water is reduced and the gravy is thick. Garnish with coriander leaves. Serve with hot boiled rice or chappatis and *Gor Amli Ni Cachumbar*.

Variation: To make *Kharia ni Gravy ma Chawal* (rice in trotter gravy) mix 4 cups of rice with 2 cups of trotter gravy. Serve hot.

76. KHEEMA NA PATTICE

(Mince Patties)

250 gms cooked spiced mince
(see Recipe 90) mixed together
50 gms chopped nuts
50 gms kismis *(sultanas)*
1 tblsp. Worcestershire sauce
500 gms boiled and washed potatoes
breadcrumbs
oil
salt

Mix salt in the potatoes and divide both the potatoes and mince into 8 equal parts. Make a covering of potatoes, stuffing the mince in them. Make patties by flattening them on the top and the bottom. Press in the breadcrumbs and shallow fry. Serve hot.

Variation: Tarkari na Pattice (vegetable patties) may be made in the same way, except that instead of mince any left over vegetable stew or *Lagansala* stew may be used.

77. KID NU GOSHT
(Spiced Lamb)

500 gms lamb cut into large pieces
8 cloves garlic
1" piece ginger
1 tsp. cummin seed } *ground into a masala*
3 green chillies
1 tblsp. poppy seeds
4 tblsps. oil
4 large onions sliced
500 gms large potatoes peeled and cut in half, lengthwise
50 gms grated cashewnuts
1 cup coconut milk
salt

Marinate lamb in the masala and salt for at least 6 hours or overnight. Heat oil and fry onions lightly. Add the pieces of lamb stirring occasionally for about 3 minutes. Cook the lamb with 3 cups of water for about 30 minutes until the meat is half cooked. Add potatoes and simmer for 20 minutes until very little gravy is left. Mix the cashewnuts and the coconut milk together and add to the meat and cook stirring, until a thick gravy is left. Serve hot.

(Chicken cut in pieces may be substituted for mutton.)

78. MASOOR MA GOSHT
(Meat in Black Lentils)

1 cup masoor *soaked in water for about an hour*
500 gms cubed mutton
4 tblsps. oil
3 large onions sliced
1" piece ginger
8 cloves garlic
½ tsp. cummin seed
½ tsp. coriander seed
6 dry red chillies } *ground into a masala*
½ tsp. turmeric powder
4 peppercorns
6 cloves
½" piece cinnamon
2 large tomatoes chopped
1 tblsp. jaggery
1 tblsp. chopped coriander leaves
salt

Cook *masoor* and mutton together with 4 cups of water. Bring the water to a boil. Do not stir until the mutton is cooked. Cover with a lid with water on top. Cook on a low flame for about 1 hour until the mutton is tender and the *masoor* is soft. If more water is required use the water from top of the lid or hot water—never cold water.

Heat oil and fry the onions in another deckchi until golden brown. Keep half the onions aside. Add the ground masala to half the onions and fry for 2 or 3 minutes. Add tomatoes, jaggery and salt. Cook further for a minute. Add the *masoor* and mutton and if necessary a little hot water. Cook over a low flame stirring until the *masoor* is mushy. Garnish with coriander leaves. Serve hot.

This dish tastes better if eaten the next day.

Variations: (i) Instead of mutton whole chiken cut into pieces may be substituted.

(ii) 6 sheeps' tongue cleaned, boiled and cut into two pieces may be substituted for mutton. *Masoor ma Jeeb* (sheep's tongue in black lentils).

(iii) If vegetarian, do not add any meat just cook without the meat, *Sada Masoor* (plain *masoor*).

79. MATTAN CHAAP

(Mutton Chops)

(The chops may be marinated the previous day.)

4 large mutton chops
8 pods garlic ⎫
½" piece ginger ⎪
1 red dry chilli ⎬ *ground together*
½ tsp. cummin seed ⎪
½ tsp. turmeric powder ⎭
2 tsps. Worcestershire sauce
2 large beaten eggs
4 tblsps. breadcrumbs
oil
salt

Out of a triple ribbed chop leave only one bone so as to make it one meaty chop. Remove the gristle.

Beat in the ground ingredients, Worcestershire sauce and salt to the chops with a mallet, flattening them. Keep overnight or for at least 6 hours to tenderize the meat. Dip the chops in the beaten eggs, press in breadcrumbs and shallow fry them on each side in hot oil until brown. Cover them and cook for a further 10 minutes, turning them over once in between. Serve immediately.

Variation: For *Marghi na Chaap* (chicken chops) substitute large pieces of chicken.

80. OOBARYU
(A Parsi Pot Pourri)

1½ kg mutton or chicken cut in large pieces
2 pods garlic broken in pieces (skin not removed)
2 onions chopped
4 slit green chillies
1" piece ginger
1 bunch coriander leaves
½ tsp. pepper } *ground into a masala*
½ tsp. turmeric powder
½ tsp. cummin seed
½ tsp. ajwain
4 tblsps. oil or ghee
1 kg cleaned papri *(*sem. *white Indian flat beans)*
250 gms small potatoes } *vegetables*
250 gms sweet potatoes
5 small brinjals
1 bottle palm toddy
wheat flour
salt

Mix together all the ingredients except the vegetables, toddy and wheat flour in an earthen pot of fire-clay. Leave overnight. Quarter brinjals upto the top but do not disjoin them. Mix in all the vegetables and the toddy the next day. Seal the pot with an earthenware lid using wheat flour dough for sealing. Dig a hole in the ground. Put grass and twigs and ignite it. Bury the earthen pot so that the burning grass is all round it. Cook for at least 2 hours keeping the smoky fire going with more grass and twigs.

81. PAPETA MA KID
(Baby Lamb with Potatoes)

(A dish popular at Parsi weddings.)

1 kg large pieces of lamb
½" piece ginger } *ground to a paste*
6 cloves garlic
2 tblsps. desi ghee
1 large onion
4 slit green chillies
100 gms grated cashewnuts } *mixed together*
2 cups coconut milk
4 large potatoes peeled, quartered and fried
salt

Marinate lamb with ginger and garlic paste and salt overnight or for 5 to 6 hours. Heat the ghee and fry the onions until soft and golden in colour. Add the lamb and stir. Cook for 5 minutes. Add chillies and 2 cups of water to cook the meat. Cover with a lid with water on top. After 30 minutes when the meat is tender and a little water is left, add the cashew mixture and the fried potatoes. Cover with a lid, and simmer for another 30 minutes. Stir occasionally, so that the cashews do not stick to the bottom of the pan. A thick gravy should remain. Serve hot.

(Chicken cut in pieces may be substituted for mutton.)

82. PAPRI MA GOSHT

(Flat Beans with Mutton)

500 gms 1" cubed mutton with bones
500 gms cleaned papri *(beans)*
4 tblsps. oil
½ tsp. ajwain
½ tsp. cummin seed
a few chopped curry leaves

6 dry red chillies	*ground into a masala*
1" piece ginger	
6 cloves garlic	
½" piece cinnamon	
4 peppercorns	
½ tsp. coriander seed	
½ tsp. turmeric	

1 whole garlic unskinned and quartered
2 potatoes peeled and quartered
2 peeled sakar kan *(sweet potatoes) cut into ½" pieces*
2 tblsps. Worcestershire sauce
1 tblsp. sugar
1 tblsp. coriander leaves
salt

Heat oil, add *ajwain*, cummin seed and curry leaves and fry for a minute; add the ground masala and fry for 2 to 3 minutes. Add mutton and continue to cook stirring, until brown. Add salt, garlic, beans, potatoes and sweet potatoes, and fry with the mutton, stirring. Mix in 3 cups of water and let it come to a boil. Simmer for about 1 hour, stirring occasionally until the mutton is cooked, and the gravy thickens. Mix in Worcestershire sauce and sugar. Simmer for another 5 minutes. Serve hot, garnished with coriander leaves.

83. PAPRI MA KAVAB

(Indian Flat Beans with Meat Balls)

Beans :

500 gms cleaned papri *(beans)*
4 large onions chopped
2 tblsps. oil
1 tblsp. garlic and ginger paste
1 tsp. turmeric
2 green chillies ⎫ *ground*
1 bunch coriander leaves ⎭ *together*
½ *tsp.* ajwain
1 whole large pod of garlic unskinned, quartered
6 fresh green garlic chopped (optional)
2 potatoes, peeled and quartered
2 peeled sakarkan *(sweet potatoes) cut into ½" pieces*
250 gms. brinjals quartered but not disjointed at the top
25 gms fenugreek leaves
1 tblsp. jaggery or sugar
½ *cup tamarind water*
salt

Meat Balls:

500 gms mince
250 gms onions finely chopped
2 tblsps. oil
1 green chilli ⎫
a few mint leaves ⎬ *finely chopped*
1 bunch coriander leaves ⎭

½" piece of ginger ⎫ *ground*
8 cloves garlic ⎭ *together*
½ tsp. turmeric powder
2 eggs
oil for deep frying

For the beans: Fry the onions in oil until golden brown. Add garlic and ginger paste and cook further for a minute or two. Add turmeric and salt and cook for a further minute or two. Add flat beans, potatoes, sweet potatoes, brinjals, and fenugreek leaves, stir, close the *deckchi* and put water on top of the lid and cook on a slow fire for about 5 minutes. Add water off the lid to the mixture and simmer for about 25 minutes until the vegetables are cooked and the mixture is dry. If more water is required use hot water. Mix in jaggery and tamarind water and keep aside.

For the meat balls: Fry the onions in oil until brown. Mix in the rest of the ingredients except the eggs and grind together. Add in the eggs and make into small balls and deep fry. If you do not wish to fry them, put them into the *deckchi* with the beans which are half cooked. Be careful whilst mixing after the balls are added, so that they do not break. Stir occasionally.

If the meat balls are fried toss them in the bean mixture when cooked and ready. Serve hot. (This dish can be prepared in advance and even kept in the retrigerator for a day and heated up at the time when it is required. For vegetarians the meat balls need not be added.)

84. PARSI GOSHT NI CURRY

(Typical Parsi Mutton Curry)

500 gms 1" cubed mutton
½ cup oil or ghee
3 large onions sliced
1" piece ginger ⎫ ground to a
12 cloves garlic ⎭ paste
1 tsp. coriander seed ⎫
1 tsp. cummin seed ⎪
2 tsps. poppy seed ⎬ roasted and
2 tsps. peeled peanuts ⎪ ground into a masala
2 tsps. peeled gram ⎪
6 Kashmir dry red chillies ⎭
½ grated and ground coconut
3 medium-sized potatoes peeled and quartered
½ cup tamarind water
1 tblsp. jaggery
2 large tomatoes chopped
salt

Heat the oil and fry onions until golden brown. Add ginger and garlic paste and saute on a slow fire, stirring constantly for about 2 minutes. Add the ground masala and saute further for 3 minutes. Add ground coconut and cook, stirring until an aroma fills the room. Add mutton, potatoes and salt, and fry in the masala for another couple of minutes. Add 4 cups of water slowly so that it blends well with the masala and no lumps remain. Bring the whole mixture to a boil. Cover the *deckchi* with water on the lid. Simmer, stirring occasionally for about 1 hour until a thick gravy remains and the mutton is tender. (If more water is required use the hot water off the lid.) Mix in tamarind water, jaggery and tomatoes. Cook further for another 10 to 15 minutes on a slow fire, stirring occasionally. Serve hot with boiled white rice.

(Chicken cut in pieces may be substituted for mutton.)

85. SEENA NA CHAAP

(Mutton Chops)

500 gms breast mutton cut in 3" squares with bone
2 tblsps. curd
2 tsps. ginger and garlic paste } *mix together*
salt and pepper
2 beaten eggs
½ cup dry breadcrumbs
6 tblsps. oil

Wash and dry the pieces of mutton. Beat in the curd mixture, and keep overnight in the refrigerator.

Next day, remove from the refrigerator and let it come to room temperature. Dip in eggs, press in breadcrumbs. Heat oil in the *tawa* and brown the chops on both sides. Lower the heat and continue to fry with a lid on, turning them over occasionally for about 20 minutes until the chops are tender. Serve immediately.

86. SALI BOTI

(Meat with Potato Straws)

Potato Straws:

1 kg potatoes peeled
ghee or oil for deep frying
2 tblsps. water } *mix*
1 tsp. salt

Boti:

2 tblsps. oil
2 large onions sliced
2 slit green chillies
1 tsp. ginger and garlic paste
½ tsp. turmeric powder
¼ tsp. chilli powder
500 gms small pieces of mutton (boti)
2 tomatoes chopped
1 tsp. sugar
1 tblsp. chopped coriander leaves
salt

For the potato straws: Julienne potatoes very finely or grate through a grater. Drop into water, or they will turn black. Heat the oil in a deep and wide pan. Remove potato straws from water and dry them. Put a few straws at a time in the smoking oil so that they do not stick tagether. Turn over once and sprinkle with salt water. Remove them while they are still yellow and crisp. Fry the rest of them the same way. Keep aside and when cool, put them in an air-tight box.

For the boti: Heat oil and fry the onions until brown in colour. Add green chillies, ginger and garlic paste, turmeric powder, chilli powder and salt and saute for a minute or two. Add mutton pieces and brown. Add 2 cups of water to cook the meat. Bring to a boil. Lower the flame and simmer for about 30 to 40 minutes until dry. Add the rest of the ingredients and cook further for 5 minutes, Serve *boti* hot, garnished with potato straws.

(*i*) Dried apricots are often added to the *boti*. They should be soaked in water for at least an hour. Add them with the meat and cook them together.

(*ii*) Chicken cut in pieces may be substituted for mutton.

87. SEEKH BOTI

(Shashlik—Meat on Skewers)

250 gms mutton cubed (1" × ½")
6 cloves garlic
½" piece ginger
4 red chillies } *ground into a masala*
½ tsp. cummin seed
¼ tsp. turmeric powder
250 gms potatoes skinned and cubed
6 small onions halved
4 capsicums cut in large pieces
6" to 8" skewers made out of thin sticks
2 beaten eggs
breadcrumbs
oil for deep frying
salt

Marinate mutton with masala and salt for a couple of hours. Add 2 cups of water and cook the meat for 15 to 20 minutes until it is half done. Add the potatoes and onions and cook for a further 15 to 20 minutes until the meat and potatoes are tender. The mixture must be dry. If more water is required add hot water. Remove from fire. Skewer meat, potato, onion and capsicum until all are used up. Roll in breadcrumbs and then in egg. Deep fry in oil. Serve hot.

88. TAMOTA PAPETA NE VATENA MA GOSHT

(Mutton in Tomatoes, Stew)

300 gms cubed mutton
4 large tomatoes chopped
2 tblsps. oil
1 onion sliced
½ tsp. cummin seed
6 cloves garlic
½" piece ginger
4 dry red chillies } *ground into a masala*
3 peppercorns
½" piece cinnamon
½ tsp. turmeric powder
2 large potatoes boiled, peeled and cubed
200 gms greenpeas, shelled and boiled
1 tblsp. coriander leaves
salt

Heat oil and fry the onions until brown in colour. Add cummin seed, salt and the ground masala and fry for a minute or two. Add mutton and stir to brown it. Add 4 cups of water. Cook stirring occasionally, until the mutton is tender. Add tomatoes, potatoes and greenpeas. Cook for 1 to 1¼ hours on a low flame until a thick gravy is left. Garnish with coriander leaves. Serve hot.

(Chicken cut in pieces may be substituted for mutton.)

89. TARI NO BATERVO

(Mutton Cooked in Toddy in an Earthenware Pot)

This is mutton with a very special flavour.

2 kg shoulder mutton cut into large pieces with bones.
1 tsp. garlic and ginger paste
¼ tsp. coriander seed } *powdered*
¼ tsp. cummin seed
½ tsp. turmeric powder
6 cloves } *pounded*
6 peppercorns
15 mint leaves } *chopped*
4 green chillies
4 quarts palm toddy (a poor substitute can be sour whey)
salt

Mix mutton with all the ingredients except toddy, and keep overnight in a cool place. Next day take an earthenware pot which has a fitting lid, put the mutton in it and pour the toddy over it. Cook on a wood fire or on coals. (It is generally cooked in the open over a camp fire.) Dry leaves and twigs may also be used as fuel but avoid a smoky fire. Cook for about two hours and then open up and see if the mutton is cooked. If not, cook for sometime more. Serve immediately if possible.

90. TATRELO KHEEMO
(Dry, Spicy Mince)

(This mince is delicious, eaten plain or with *khichree* and *Dahi ni Kadhi*. This mince leftover or otherwise may be used for mince patties.)

500 gms mince
2 tblsps. oil
1 large onion sliced
½" piece ginger ⎫ *ground to a*
6 cloves garlic ⎭ *paste*
½ tsp. chilli powder
½ tsp. turmeric powder
¼ tsp. cummin seed
2 tomatoes chopped
1 tblsp. Worcestershire sauce
1 tblsp. vinegar
1 tblsp. jaggery
1 tblsp. chopped coriander leaves
salt

Heat oil and fry the onions until golden brown. Add ginger and garlic paste, chilli powder, turmeric powder, and cummin seed and fry for another minute.

Add mince and salt and cook stirring until dry. Add 1 cup of water and cook over a low flame with the lid on stirring occasionally until the mince is cooked and dry. Add the rest of the ingredients except coriander leaves and cook for a further 5 minutes. Garnish with coriander leaves. Serve hot.

91. VATENA BHAJI MA GOSHT
(Meat in Mixed Spinach and Greenpeas)

300 gms 1" cubed mutton
200 gms mixed spinach (chawli, palak, khatta *and* methi)
2 onions chopped
2 tblsps. oil
1" piece ginger ⎫ *finely*
2 green chillies ⎭ *chopped*
½ tsp. turmeric powder
4 large tomatoes
1 tblsp. sugar
100 gms greenpeas shelled and boiled
1 tblsp. chopped coriander leaves
salt

Wash the spinach and chop it coarsely.

Fry onions in oil until golden in colour. Add ginger, chillies and turmeric powder and fry for a minute more. Add the mutton and salt and stir until mutton is browned. Add spinach and cook for another 2 or 3 minutes. Add 2 cups hot water and cook for about 45 minutes until the mutton is tender, and the water has dried up. If the mutton is not tender add more hot water, and cook further. Mix in tomatoes and sugar. Cook until tomatoes are soft. Mix in greenpeas and coriander leaves. Serve hot.

Kaleji, Booka

(OFFALS)

Aleti Paleti (Spiced Chicken Offals)

Bheja na Cutless—I (Brain Cutlets)

Bheja na Cutless—II (Brain Cutlets)

Bhujeli Kaleji (Skewered Liver)

Khara Bheja (Sauted Brains)

Khatti Mithi Kaleji—Phepsu (Sweet and Sour Sheep Offals)

Methi ni Bhaji ma Bheja (Brains in Fenugreek Leaves)

92. ALETI PALETI

(Spiced Chicken Offals)

(Served at Parsi weddings at the last sitting to the hosts, relatives and house guests.)

500 gms chicken offals
2 large onions, chopped
4 tblsps. oil
1 tsp. cummin seed
2 slit green chillies
1 tsp. ginger and garlic paste
3 large tomatoes chopped
1 tblsp. jaggery
1 tblsp. chopped coriander leaves
salt

Clean the offals (liver and gizzard) and cut into ½" pieces. Fry the onions in oil until brown. Add cummin seed, green chillies and ginger and garlic paste and fry for a moment more. Add offals and salt, and fry until the liver is cooked. Remove the liver and keep aside. Cook the gizzard a little more with water. Then add the liver. Mix in the tomatoes and jaggery and cook until dry. Serve hot, garnished with coriander leaves.

93. BHEJA NA CUTLESS—I

(Brain Cutlets)

3 sheep brains
4 cloves garlic
¼" piece ginger } *ground to a paste*
1 green chilli
2 tblsps. flour
3 beaten eggs
salt and pepper
oil for deep frying
squeeze of lime

Soak brains in water for about 30 minutes. Remove all the membranes. Cut each brain into 3 equal parts. Apply salt, pepper, the paste and lime to the brains. Roll in flour, dip in eggs and deep fry until light brown in colour. Serve immediately.
(This is a very quick and easy recipe.)

94. BHEJA NA CUTLESS—II

(Brain Cutlets)

3 sheep brains
1 small onion
2 cloves garlic
1 tblsp. coriander leaves } ***finely chopped***
1 green chilli
½ tsp. cummin seed
½ tsp. turmeric powder
2 beaten eggs
breadcrumbs
oil
salt

Clean the brains as in the last recipe. Mix all the ingredients together including brains very well except eggs, breadcrumbs and oil. Shape into cutlets dip in eggs and then press into the breadcrumbs. Shallow fry. Serve immediately.

95. BHUJELI KALEJI

(Skewered Liver)

(This is a typical Parsi way of making liver.)

1 sheep liver
½ tsp. coriander seed ⎫
½ tsp. cummin seed ⎪
½ tsp. turmeric powder ⎪
½" piece ginger ⎬ *ground into a masala*
6 cloves garlic ⎪
6 peppercorns ⎪
2 green chillies ⎪
1 bunch coriander leaves ⎭
1 tblsp. oil
salt

Remove the thin skin off the liver. Wash and cut the liver into small pieces. Mix in the ground masala, salt and oil and keep overnight, or for at least 4 hours. Stick the pieces on skewers. Light a coal fire, see that the flames have subsided. Barbecue them over the fire for about 5 minutes until tender.

96. KHARA BHEJA

(Sauted Brains)

2 sheep brains, membranes removed and cut into large pieces
1 tblsp. ghee
2 onions sliced
½" piece ginger ⎫ *finely*
6 cloves garlic ⎭ *sliced*
2 slit green chillies
½ tsp. turmeric powder
2 tblsps. coriander leaves

Heat ghee and fry onions until golden. Add the rest of the ingredients except brains and fry further for 2 to 3 minutes. Add 1 cup of water, bring to a boil and simmer for 10 minutes. Wash brains and add to the onion mixture. Cook with a lid on top for 5 minutes, until brains are cooked. Serve hot.

97. KHATTI MITHI KALEJI—PHEPSU

(Sweet and Sour Sheep Offals)

1 sheep's offals (liver, lung and heart)
2 tblsps. oil
2 large onions sliced
6 dry red chillies
8 cloves garlic
½" piece ginger
½ tsp. cummin seed } *ground into a masala*
6 peppercorns
½" piece cinnamon
3 cloves
½ tsp. turmeric powder
2 large tomatoes chopped
1 tblsp. Worcestshire sauce
1 tblsp. jaggery
1 tblsp. chopped coriander leaves
salt

Clean offals and cut into small cubes. Heat oil, add the onions and fry until golden. Add the ground masala and turmeric, and fry for 2 to 3 minutes. Add the offals and salt, stir and cook until dry. Add 1 cup of water and cook over a low flame until tender. Add the rest of the ingredients and simmer until a thick gravy is left. Serve hot. (2 large peeled and 1" cubed potatoes may be added when adding the offals. This makes a substantial dish.)

98. METHI NI BHAJI MA BHEJA

(Brains in Fenugreek Leaves)

2 sheep brains (membranes removed)
100 gms methi bhaji *(fenugreek leaves) cleaned and chopped*
2 large onions sliced
2 tblsps. oil
½ tsp. cummin seed
1 green chilli
½" piece ginger } *finely chopped*
8 cloves garlic
½ tsp. turmeric powder
2 large tomatoes chopped
1 tblsp. sugar
1 tblsp. chopped coriander leaves
salt

To remove the bitterness from *methi bhaji* apply salt to it and squeeze out the water. Fry onions in oil until light in colour. Add cummin seed, the finely chopped ingredients and turmeric powder. Fry for a minute or two. Mix in the *methi bhaji* and cook stirring occasionally for about 5 minutes. Add salt, tomatoes and sugar and cook until the tomatoes are well blended. Add large pieces of washed brain and simmer until brain is cooked, stirring occasionally and carefully so as to keep the brain pieces whole. Serve hot, garnished with coriander leaves.

Acchars, Chutneys, Murambas and Relish

(PICKLES, CHUTNEYS, PRESERVES AND RELISH)

Bafena (Ripe Mango Pickle)
Colmi nu Acchar (Prawn Pickle)
Gajar nu Acchar (Carrot Pickle in Vinegar)
Gharab nu Acchar (Fresh Fish Roe Pickle)
Gor, Keri nu Acchar (Sweet and Sour Mango Pickle)
Macchi nu Acchar (Fish Pickle)
Methia nu Acchar (Raw Mango Pickle with Fenugreek Seed)
Pani nu Acchar (Raw Mango Preserved in Salt)
Cocum ni Chutney
Green Chutney
Narael ni Chutney (Coconut Chutney)
Keri no Murambo (Mango Preserve)
Kohra no Murambo (White Pumpkin Preserve)
Cachumbar (Onion Relish)
Pakki Keri no Ambakalio (Ripe Mango Relish)
Gor Amli ni Cachumbar (Sweet and Sour Onion Relish)

99. BAFENA

(Ripe Mango Pickle)

(A speciality of the Parsis. It is important to take good ripe but solid mangoes. If even one mango is insect ridden, the pickle will rot within a few days—otherwise it will keep for a year. Hence my preference in mangoes is Alphonsoes, Rumali or Bottle Mangoes.)

2 dozen washed and dried mangoes
1 bottle oil
250 gms Goa or Kashmir chillies
½ bottle malt vinegar
250 gms skinned garlic
250 gms cummin seed
2 tblsps. coarsely ground mustard seed
2 tblsps. turmeric
25 gms cloves ⎫
25 gms cinnamon ⎬ *powdered*
25 gms cardamom ⎪
10 gms white pepper ⎭
salt
jaggery

In a very large thick bottomed pan, heat the oil. Put the mangoes in very carefully one by one so that they touch the bottom of the pan. Fry the mangoes on all sides on a low flame, being careful not to pierce the mangoes. This process will take at least ½ an hour. Again very carefully remove the mangoes on a *thali* and cool.

Grind the chillies finely with a little vinegar. Keep aside. On the same grinding stone, coarsely grind the garlic, and cummin seeds separately.

Beat well the mustard, turmeric and a little vinegar with a fork, until an aroma fills the room. Add all the ground masala, powdered garam masala and the rest of the vinegar, and further beat for another 3 minutes. Mix in the salt and the jaggery and lastly the oil in which the mangoes have been fried. Roll one mango at a time in a bit of the masala and carefully place it in a large open mouthed glass or porcelain jar. Continue the process until all the mangoes are used up. If any masala is left pour on top and close the lid tightly. Do not open the jar for 3 weeks when the pickle will be ready. Take out 1 whole mango at a time to eat, and do not break the mangoes in the jar. *Bafena* goes well with *khichree.*

100. COLMI NU ACCHAR

(Prawn Pickle)

(This is a recipe of my grandmother in-law.)

1 kg medium-sized shelled and deveined prawns
6 tblsps. oil
100 gms Goa dry chillies
4 tsps. cummin seed | *ground into a masala,*
1 tblsp. mustard seed | *with vinegar (no water*
1 tsp. white pepper | *is to be used*
1 tsp. turmeric powder
1 bottle vinegar
250 gms coarsely ground garlic
2 tblsps. mustard powder
2 tblsps. jaggery
salt

Wash the prawns and apply salt. Put in a colander to drain out the water for at least 1 hour. Heat oil and fry prawns for approximately 7-10 minutes, do not overcook them. Cool prawns.

Beat well together garlic, salt and mustard powder in the remaining vinegar. Mix in the ground masala, and jaggery.

Mix in the prawns with the masala and bottle in air-tight jars.

This pickle will keep for about a year.

101. GAJAR NU ACCHAR

(Carrot Pickle in Vinegar)

2 kg carrots julienne
50 gms chilli powder ⎫ *freshly*
50 gms mustard powder ⎭ *ground*
2 large pods garlic peeled and coarsely pounded
50 gms thin julienne of ginger
1 tblsp. cummin seed roasted and coarsely pounded
1 bottle vinegar
salt

Dry the carrots out in the sun for 2 to 3 days turning over occasionally.

On the third day mix in all the ingredients with the carrots, and put in an air-tight jar. After a day or two, if the pickle looks too dry, add more vinegar.

The pickle will keep for a year.

102. GHARAB NU ACCHAR

(Fresh Fish Roe Pickle)

6 fresh whole fish roe of bhing (hilsa) *fish*
2 tsps. turmeric powder
2 cups mustard oil
100 gms mustard powder
1 cup vinegar
1 tblsp. peppercorns ⎫
1 tblsp. cummin seed ⎬ *ground coarsely but*
2 large pods skinned garlic ⎭ *separately*
salt

Each fish roe will be in 2 parts. Wash fish roe, be very careful not to break the outer skin. Apply salt and 1 tsp. turmeric to each piece and keep for at least 30 minutes. Heat the oil, and remove half of it and cool. Fry the fish roe in the rest of the oil until properly fried. See that the centre is not left uncooked. Test with a skewer. Remove from oil and cool. Keep the oil. Cut fish roe into 2" pieces.

In the meantime, beat mustard powder in a little vinegar, until an aroma fills the room, beat the rest of the ground ingredients in the mustard mixture adding a little more vinegar until the vinegar is completely absorbed. Beat in all the oil which had been, kept aside. If the consistency is too thick then add a little more of the vinegar. Mix in the fish roe carefully into the mixture and bottle in an air-tight jar. The pickle will taste better after 10 days as the masala will get blended with the fish roe. Will keep for a long time.

103. GOR, KERI NU ACCHAR

(Sweet and Sour Mango Pickle)

50 large raw mangoes
350 gms salt
2 kg jaggery
100 gms mustard seed
1 tblsp. red chillies } *powdered*
1 tblsp. turmeric
1 tblsp. peppercorns
1 tblsp. coriander seed *all pounded*
1 tblsp. cloves } *coarsely but*
1 tblsp. cardamoms *separately*
500 gms garlic

Wash, dry, peel mangoes and cut each of them into 4 pieces lengthwise. Remove the seed. Mix in salt, put in a stone jar if possible and leave for 2 days. On the third day, take out the mango pieces from the jar and leave them out in the sun to dry. Retain in the jar half of the remaining salt water. Mix mangoes with all the powdered, pounded ingredients and the salt water and put back into the jar. Keep for a week, turning over the mangoes everyday in the jar. Add jaggery after a week, mixing it into the pickle. This pickle will be ready after about 1 month, but turn over the mangoes once a week, during this period.

(Always use a dry wooden spoon. Do not use wet hands or water when making any pickle or else it will get mildewed.)

104. MACCHI NU ACCHAR

(Fish Pickle)

1 large pomfret (head removed) cut into 8 pieces
3 tsps. turmeric powder
8 tblsps. oil
100 gms ground dry red chillies in a little vinegar (no water)
½ bottle vinegar
1 tblsp. cummin seed *coarsely*
1 tblsp. garlic *pounded*
2 tblsps. jaggery
salt

Wash and apply salt and 1 tsp. turmeric to the fish pieces and place in a colander for about 1 hour so that the water drains out. Heat 4 tblsps. oil and fry the fish pieces until brown on both sides. Remove from oil and keep aside.

Add the rest of the oil to the fish oil and fry the rest of the turmeric, ground chillies and the coarsely pounded ingredients for about 5 minutes. Cool. Mix in the remaining vinegar and the jaggery. Now mix in the fish pieces. Bottle the pickle in air-tight jars.

105. METHIA NU ACCHAR
(Raw Mango Pickle with Fenugreek Seed)

50 raw large unpeeled mangoes
50 gms garlic
50 gms dry red chillies ⎫
50 gms cummin seed ⎬ *roasted and coarsely*
50 gms mustard seed ⎪ *ground masala*
50 gms fenugreek seed ⎭
1 tblsp. turmeric powder
1 small piece hing *(asafoetida)*
50 gms salt
1 bottle mustard oil

Wash, and cut mangoes into 1" pieces, removing the seed. Mix all the masala well with your hand. Mix in the mango pieces and put in a large jar or 2 jars with air-tight lids. Close the lid and keep for 3 days. On the third day, heat the oil, cool and add to the pickle. See that the oil is floating on top of the pickle or else heat more oil and put it in. The pickle will be ready to eat after 1 month. Will keep endlessly.

Variation: The same recipe may be used for pickling 75 raw small unpeeled mangoes. In that case cut the mangoes into 4 being careful not to disjoin them. Remove the seed, stuff the mangoes with the masala and put them in a large jar. Put the remaining masala on top, and proceed with the above method.

106. PANI NU ACCHAR
(Raw Mango Preserved in Salt)

100 whole raw, tender seed mangoes (2 to 2½" long)
200 gms dry red chillies deseeded and broken into 1" pieces
¼ tsp. powdered alum
plenty of coarse salt

Wash and dry whole mangoes. Take a large earthenware jar and place a layer of salt then a layer of mangoes, sprinkle with a few dry chillies and a pinch of the alum. Continue this process layer by layer seeing that the mangoes are pressed in very closely right to the top. Place the lid on top. All the chillies and alum should be used up in this layering process. The remaining mangoes should be layered in another earthenware jar with salt. Open the first jar of mangoes the next day and you will find the mangoes have shrunk leaving place for more. Add more mangoes from the second jar. Repeat this process every day until all the mangoes find a place in the first jar. Then leave the closed jar for about 15 days more, after which the preserve will be ready to eat.

Remove 1 or more mangoes at a time, slice thinly for being served with food. It goes very well with *Dhansak*, *Ras Chawal* and most other dishes, where a salt pungency is required.

107. COCUM NI CHUTNEY

(Cocum has no English equivalent.)

8 pieces of washed cocum
½ grated coconut
8 dry red chillies
6 cloves garlic
½ tsp. cummin seed
½ tsp. coriander seed
1 small onion
½ tsp. sugar
salt
a few curry leaves

Grind all the above ingredients together. Serve with *samosas* or other savoury snacks.

108. GREEN CHUTNEY

½ coconut
1 large green raw mango, peeled
½ tsp. coriander seed
½ tsp. cummin seed
6 cloves garlic
½" piece ginger
6 green chillies
½ tsp. turmeric powder
1 small bunch coriander leaves
1 tsp. heaped sugar
salt

Grind all the above ingredients together. Serve with snacks or with meals.

109. NARAEL NI CHUTNEY

(Coconut Chutney)

(To be eaten with *samosas* or other savoury tit-bits.)

½ grated coconut
1 green peeled raw mango (in season)
or
1 tblsp. washed tamarind
½ tsp. cummin seed
8 cloves garlic
½ tsp. turmeric powder
6 green chillies
1 bunch coriander leaves
1 tsp. sugar
salt
a few mint leaves

Grind all the above ingredients to make a fine paste. (This chutney can stay in the refrigerator for a few days.)

110. KERI NO MURAMBO

(Mango Preserve)

2 kg raw mangoes peeled and grated
2 kg sugar
8 cardamoms
1" piece broken cinnamon

Squeeze the water out of the mangoes. Mix the rest of the ingredients with the grated mangoes and cook. Stir with a wooden spoon until the sugar melts. Cook for 15 to 20 minutes, stirring occasionally until it thickens and the mangoes turn golden in colour. Cool. Bottle in air-tight jars. Will keep for a year.

111. KOHRA NO MURAMBO

(White Pumpkin Preserve)

½ kg hard white pumpkin (petha)
8 pounded cardamoms
½ tsp. powdered nutmeg
2 tblsps. rose water
50 gms sliced almonds and pistachios
sugar
pinch of salt

Peel and grate pumpkin. Squeeze out the water. Weigh. The quantity of sugar must be three quarters the weight of the pumpkin.

Mix pumpkin and sugar and cook, stirring until the sugar melts, then stir occasionally, until the pumpkin becomes opaque in colour and the water dries up. Add cardamoms, nutmeg and salt and stir. Add rose water. Cool. Add almonds and pistachios. Put in an air-tight jar. It can be eaten immediately or kept in the refrigerator for a couple of months.

112. CACHUMBAR

(Onion Relish)

(*Cachumbar* is served with almost all the Parsi dishes. Onions are very good for cholesterol. Parsis are very fond of raw onions and garlic—happily so as many of them are fond of rich food.)

1 large onion chopped
1 green chilli }
1 tomato } *finely chopped*
1 thin slice raw mango (in season) }
½" piece fresh turmeric
2 tsps. vinegar or lemon juice } *mixed together*
⅛ tsp. sugar }
a few coriander leaves
salt and pepper

Mix all the ingredients together and serve with meals.

113. PAKKI KERI NO AMBAKALIO

(Ripe Mango Relish)

(This is generally eaten as an accompaniment with *Dhansak*).

3 large ripe mangoes
2 tblsps. desi ghee
2 large onions sliced
4 cloves
½" piece broken cinnamon
1 dry red chilli broken in 3
250 gms jaggery
1 cup water
½ tsp. salt

Peel mangoes and slice into large pieces. Keep aside. Heat the ghee and fry the onions, cloves, cinnamon and chilli until onions are soft. Add jaggery, water and salt and bring to a boil. Boil until the jaggery has melted and the consistency is of a thick syrup. Add the mango pieces and cook further for another five minutes. Be careful when stirring not to break the mango pieces. Serve hot or cold as desired.

114. GOR AMLI NI CACHUMBAR

(Sweet and Sour Onion Relish)

3 large onions sliced
1 green chilli } *finely chopped*
1 large tomato } *finely chopped*
1 bunch coriander leaves } *finely chopped*
1 tblsp. jaggery
½ cup tamarind water
salt

Mix the onions with the chopped ingredients and salt. Mix jaggery and tamarind water and add to the onion mixture.

Miththi Vani
(SWEET DISHES)

Audh (Coconut, Rice Flour Sweet)
Badam Pak (Almond Sweet)
Bhakras (Cookies)
Chapat (Sweet Pancakes)
Chokha ni Kheer (Rice Dessert)
Cohra (Petha) No Halwo (White Pumpkin Halwa)
Copra Pak—I (Coconut Toffee)
Copra Pak—II (Plain Coconut Sweet)
Daitra (Yoghurt Rounds)
Dar ni Pori (Tuvar Dal in Pastry)
Doodh na Puff (Beaten Forthy Milk)
Doodh Pak, Poori (Sweetened Thick Milk Served with Poories)
Eda Pak (Egg Sweet)
Falooda (A Sweet Milk Drink)
Gorpapri—I (Jaggery Toffee)
Gorpapri—II (Jaggery Toffee)
Karkaria (Semolina Fritters)
Kera na Fritters (Banana Fritters)
Kera ni Ghari (Banana Rounds)

Kervai (Banana Cakes)
Khaman na Ladoo (Steamed Rice Balls with Sweet Coconut Filling)
Khaman na Pancake (Coconut Sweet Pancakes)
Kharia ni Jelly (Trotter Jelly)
Khajur ni Gari (Date Rounds)
Kumas (Palm Toddy Cake)
Lagan nu Kastar (Baked Wedding Custard)
Malai na Khaja (Layered Cream Pastry)
Malai ni Kulfi (Parsi Ice-cream)
Malido (Parsi Sweet)
Malpuras (Thick Small Pancakes)
Mithoo Dahi (Sweet Curd)
Nankhatai (Cookies)
Powa (Sweet Beaten Rice)
Powya (Chewra) Narael ne Doodh ma (Sweetened Rice Flakes in Coconut Milk)
Raspberry (Ice-cream)
Ravo (Semolina Sweet)
Sandhna (A Palm Toddy Based Sweet)
Sev (Fine Vermicelli)

115. AUDH

(Coconut, Rice Flour Sweet)

2 cups coconut milk
1 cup plain milk
250 gms fresh rice flour
250 gms sugar
100 gms blanched and chopped almonds
150 gms pure ghee
10 pounded cardamoms
½ tsp. powdered nutmeg
½ tsp. vanilla essence
1 tsp. rose essence

Mix together the first 6 ingredients until well blended. Cook on a slow fire stirring with a wooden spoon, until the mixture thickens and the ghee separates. (Be careful it does not become lumpy.) Remove from the fire and add the rest of the ingredients, stir and remove in a greased *thali*. Cool. Cut into squares. *Audh* is eaten cold. Can be kept in the refrigerator for 2 to 3 days.

If desired sprinkle sliced almonds on top as well.

116. BADAM PAK
(Almond Sweet)

(As almonds are expensive, cashewnuts may be substituted for half the quantity of almonds. Before vitamin pills came in vogue *Badam Pak* was highly recommended in the cold weather—it invigorated the body and sharpened the mind.)

1 cup rose water
500 gms sugar
300 gms mava
500 gms blanched and grated almonds
250 gms desi ghee
12 cardamoms } *powdered*
½ nutmeg

Bring rose water and sugar to a boil. Take it off the fire. mix in the *mava* so that the consistency is smooth. Add almonds and ghee. Cook on a slow fire stirring constantly with a wooden spoon until the almond mixture leaves the sides of the *deckchi*. Mix in the cardamoms and nutmeg. Apply ghee to a *thali*, spread the mixture on it. Cool and cut into squares. This will keep for at least 2 months in the refrigerator.

117. BHAKRAS
(Cookies)

(A tea-time snack.)

150 gms semolina
150 gms whole wheat flour } *sifted*
150 gms plain flour *together*
1 tsp. baking powder
2 eggs
4 tblsps. sugar
½ cup sour curd
2 tblsps. rose water
½ tsp. powdered cardamoms
½ tsp. powdered nutmeg
2 tblsps. chopped almonds and cashewnuts
oil for deep frying
coconut-water from 1 coconut kept for about 3 days (fermented)

Mix all the above ingredients together and make a dough like the *chapatti* dough. If more liquid is required use plain water. Keep for 4 to 6 hours. Roll out to a quarter inch thickness and cut out 1" or 1½" diameter rounds. Put the scraps of dough together again, and repeat the cutting process until all the dough is used up. Deep fry until brown on both sides. Cool and store in an air-tight tin. Will keep for 2 to 3 weeks.
(If coconut water is difficult to get put ½ cup extra curd and ½ tsp. bi-carbonate-of soda.)

118. CHAPAT

(Sweet Pancakes)

(A tea-time snack.)

1 cup plain flour
3 eggs
2 tblsps. powdered sugar
6 powdered cardamoms
¼ grated nutmeg
2 tblsps. rose water
¼ cup milk
1 cup coconut milk or
½ cup plain milk and ½ cup water
1 tblsp. blanched and finely chopped pistachios
1 tblsp. blanched and finely chopped almonds
oil
pinch of salt

All the ingredients except the pistachios. almonds and oil should be mixed thoroughly into a batter.

(A liquidiser may be used.) Add pistachios and almonds to the batter and keep at room temperature for 1 hour.

Apply oil to a frying pan, put a tblsp. of this batter on the pan and tip the pan around so that the batter spreads. Cook the pancake on both sides. These pancakes are a little thicker than normal ones. Fold over each pancake to make a triangle. Continue this process until all the batter is used up. Serve hot or cold.

119. CHOKHA NI KHEER

(Rice Dessert)

½ cup coarsely pounded rice
1½ cups milk
1 tblsp. butter
½ cup sugar
4 cardamoms } powdered
¼ nutmeg
12 blanched and sliced almonds
1 tblsp. kismis *(sultanas)*
1 tblsp. desi ghee
1 tsp. vanilla essence

Wash rice well and dry. Cook it with milk and butter, until soft. Add the sugar, cardamoms and nutmeg and cook for a further minute or two. Add vanilla essence. Fry almonds and sultanas in ghee and sprinkle on top. Serve hot or cold.

120. COHRA (PETHA) NO HALWA
(White Pumpkin Halwa)

2 kg hard white pumpkin
1 cup rose water
250 gms mavo *(burnt milk)*
1 tblsp. desi ghee
½ nutmeg ⎫ *powdered*
8 cardamoms ⎭
12 blanched and sliced almonds
12 sliced pistachios
sugar

Skin and grate the white pumpkin. Squeeze out the water. Weigh. The sugar to be used should be three quarters the weight of the pumpkin. Make a sugar syrup with rose water. Add pumpkin and stir well. Mix in the *mavo* and ghee. Cook stirring constantly on a low flame until it thickens and leaves the sides of the pan. Apply ghee on a *thali*, pour the pumpkin mixture into it and spread it out. Sprinkle the rest of the ingredients over it. Cool. Cut into squares.

121. COPRA PAK—I
(Coconut Toffee)

½ kg finely grated coconut
1½ kg sugar
1 tblsp. butter
2 cups water
½ tsp. red colouring
1 tsp. cardamoms ⎫ *powdered*
1 tsp. nutmeg ⎭
100 gms blanched and sliced almonds
1 tsp. rose or vanilla essence

Cook together coconut, sugar, butter and water in a thick bottomed *deckchi*, on a slow flame, stirring constantly, until the mixture thickens. The consistency will depend on whether you prefer the toffee soft or hard. If you want it hard then cook until the mixture leaves the sides of the *deckchi* or else when it is about to leave the sides of the *deckchi*. Add the red colouring, ½ tsp. cardamoms, ½ tsp nutmeg, 50 gms almonds and vanilla essence and mix quickly. Pour the mixture out on a greased *thali*. Sprinkle the rest of the cardamoms, nutmeg and almonds on top. Cool and cut in squares. Store in an air-tight box. Can be kept for at least a week.

122. COPRA PAK—II
(Plain Coconut Sweet)

½ coconut finely grated
1 cup sugar
1 tbslp. butter
1 tblsp. rose water or 1 tsp. vanilla essence
a few drops red food colouring

Mix coconut and sugar and keep for about an hour. Add butter and cook over a low flame stirring all the time until the mixture leaves the sides of the pan and forms a soft ball. Add rose water and food colouring and further cook for 2 or 3 minutes.

Grease a *thali* and spread out the mixture to ¼" thickness. Cut in squares. Cool. Store in air-tight jars. If the weather is warm, store in a refrigerator. It will keep for a long time.

123. DAITRA
(Yoghourt Rounds)

300 gms dahi *(yoghourt)*
250 gms flour } *sifted*
1 tsp. baking powder }
½ tsp. cardamoms } *powdered*
½ tsp. nutmeg }
250 gms sugar
½ cup water
oil for deep frying

Hang yoghourt in a muslin cloth for an hour to remove the water. Do not squeeze it. (The whey can be used for cooking vegetables, it gives a distinct flavour to the vegetables.) Remove yoghourt from muslin cloth and add sifted ingredients, cardamoms and nutmeg and knead together into a dough. Heat oil, and reduce the flame. Place a half inch ball of the dough in the palm of your hand, flatten into a round and deep fry, until golden brown. These are the *daitras.* (When handling the dough, keep greasing the palm of your hand, so that the mixture does not stick to your hand.)

Make a sugar syrup out of sugar and water and keep it on a slow fire. When each *daitra* is fried pop each of them into the sugar syrup. Take them out immediately. They can be eaten hot or cold.

124. DAR NI PORI

(Tuvar Dal in Pastry)

250 gms tuvar dal
250 gms sugar
50 gms blanched and sliced almonds
50 gms blanched and sliced pistachios
½ *tsp. nutmeg* } *powdered*
¼ *tsp. cardamoms* }
50 gms chopped cherries
100 gms rice flour
150 gms ghee
150 gms semolina
a pinch of papatkhar *or* kachri *(tenderiser)*

Cook dal with *papatkhar* or *kachri* and three times the quantity of water until soft. Mash and thicken to a smooth paste. Add sugar and cook further, stirring until the water dries up. Cool. Mix in the almonds, pistachios, nutmeg, cardamoms and cherries. Keep aside.

Mix rice flour with ghee, form a ball and keep aside. Mix semolina, 3 tblsps. of the rice flour, 2 tblsps. ghee and water, and knead well into a dough. Roll this out into a large *chapatti*. Apply the rice flour and ghee mixture on top. Sprinkle rice flour over it. Roll as for a Swiss roll. Cut roll into 3 portions. Twist each portion, flattening roll into a 4″ diameter *chapatti*.

Make 3 portions of the dal mixture. Place 1 portion of the dal mixture in the middle of each of the three 4″ *chapattis*, fold up the edges and very carefully roll out

the *Dar Ni Pori*, ½″ thick, being careful that the dal does not ooze out.

Bake on a *tava* on both sides, turning it over carefully. The colour must remain as white as possible.

Serve hot or cold.

125. DOODH NA PUFF
(Beaten Frothy Milk)

(A Parsi delicacy only made in colder climates when the night temperatures are well below 20°C.)

2 litres of milk
250 gms sugar
8 powdered cardamoms
2 tblsps. rose water

Boil the milk and sugar together. Simmer until it is reduced to three quarters. Cool. Add the rest of the ingredients. Place the *deckchi* exposed to the sky at night covered with a mul cloth. In the early morning beat the milk with a beater. Keep removing the froth, filling it in glasses. Serve before the sun comes up.

126. DOODH PAK, POORI
(Sweetened Thick Milk Served with Puffed Flour Rounds)

Doodh Pak:

1 tblsp. rice
1½ quarts milk
50 gms almonds (½ finely grated and ½ blanched and sliced)
8 tblsps. sugar
20 gms. kismis *(sultanas)*
¼ tsp. nutmeg } *powdered*
¼ tsp. cardamoms }
½ tsp. rose or vanilla essence

Poories:

1 cup whole wheat flour
½ cup suji *(semolina)*
½ tsp. salt
oil for deep frying

For Doodh Pak: clean, wash, roast and powder the rice. Mix the powdered rice and grated almonds in the milk and bring to a boil. Simmer, stirring occasionally until the milk is reduced to half the quantity, and is thickened. Add the rest of the ingredients except the essence. Stir until sugar has melted, and simmer for 10 minutes. Cool, add the vanilla essence and refrigerate.

For Poories: sift the flour, semolina and salt. Add in 1 tblsp. of oil and water and knead into a *chapatti* dough. Keep for 1 hour. Roll out as for *chapattis*. Cut out each *poori* with a 1½" round cutter and deep fry in moderately hot oil. Whilst frying gently beat the poories to make them puff up. When light brown in colour, remove from the oil.

To enjoy *Doodh Pak Poori*, fill a little *doodh pak* in each *poori* and eat it whole.

127. EDA PAK

(Egg Sweet)

(This is also eaten in the cold weather. Instead of jam this can be applied on toast for breakfast.)

50 egg yolks
2 kg desi ghee
250 gms almonds ⎫ *blanched*
250 gms pistachios ⎭
250 gms kismis *(sultanas)*
150 gms magaj *(pumpkin and melon seeds)*
1½ kg sugar
3/4 cup rose water
250 gms singara *(dried chestnuts)* ⎫
25 gms cardamoms | *pounded very*
1 nutmeg ⎬ *finely,*
4 pieces dried ginger | *separately*
10 gms white pepper ⎭

Beat the egg yolks until creamy and light. Heat ghee and fry blanched ingredients in it. Remove from ghee. Cool and chop them. Fry *kismis* and *magaj* in the same ghee, separately, and remove from ghee. Bring sugar and rose water to a boil. Take off the fire.

Add egg yolks carefully to the ghee, mix in the fried ingredients and the chestnuts. Cook on a low flame until the ghee separates and the mixture leaves the sides of the *deckchi*, stirring constantly with a wooden spoon. Mix in the rest of the pounded ingredients, and cook for a further minute or two. Apply ghee on a *thali* and spread this mixture on it to cool. *Eda Pak* is ready.

This will keep in the refrigerator for over a month.

128. FALOODA

(A Sweet Milk Drink)

1 large block vanilla ice-cream
1 heaped tblsp. cornflour
3 cups water
2 tblsps. Isabgul *seeds mixed with 1 cup water and kept for at least an hour*
¼ bottle Rose syrup or Raspberry syrup
4 cups milk
2 cups crushed ice
cubes of ice

Place a colander over a *deckchi* containing ice and 1 cup of water.

Mix cornflour with water and let it come to a boil, stirring constantly. Pour the cornflour mixture into the colander and stir quickly with a wooden spoon so that opaque drops form when the mixture falls onto the ice. Leave until the ice melts and throw away the water, but take care to collect the cornflour drops. In a large jug mix in all the ingredients including the cornflour drops, but not the ice-cream. Chill. When ready to serve fill the glasses half-way through with the *falooda*. Crush the ice. Add crushed ice and top with a spoonful of ice-cream. Serve immediately.

129. GORPAPRI—I

(Jaggery Toffee)

500 gms jaggery (no substitute)
1 cup water
100 gms desi ghee
½ tsp. soonth *(dry ginger powder)*
50 gms blanched and finely chopped almonds

Melt jaggery in water on the stove, add ghee. Cook until a drop put in a saucer of water hardens. Add ginger and almonds. Apply ghee on a *thali* and pour the mixture on in. Whilst hot, mark into squares. Cool. Break the squares and then put into an air-tight jar.

130. GORPAPRI—II

(Jaggery Toffee)

500 gms jaggery (no substitute)
250 gms peeled peanuts (halved) or shelled channa
3 tblsps. ghee
½ tsp. powdered ginger

Grease a *thali* with ghee and keep aside.

Melt the jaggery and the rest of the ghee on a slow fire stirring constantly until a one thread (thick) consistency is reached. Add the ginger and the peanuts, stirring vigorously for 2 minutes and pour out onto the prepared *thali*. Leave to cool. Break into 1″ pieces and put in an air-tight tin (or else it will melt).

131. KARKARIA

(Semolina Fritters)

(A tea-time snack.)

1 cup semolina
½ cup whole wheat flour
2 tsps. desi ghee
4 eggs
¼ cup milk
1 cup sugar
8 powdered cardamoms
¼ grated nutmeg
½ bottle palm toddy or 1 tsp. yeast
rose essence
oil for deep frying

Sift flour and semolina and mix in ghee with the palm of the hand. Add eggs and mix in the milk. Add the rest of the ingredients except toddy. Keep adding toddy a little at a time until it reaches the consistency of thick cream. Keep for at least three to four hours and allow it to rise. When risen. beat down the batter. Heat the oil. Take a tsp. of batter at a time and put into the hot oil. Fry until golden brown. Remove on brown paper to remove the excess oil. Serve immediately.

(If yeast is used, warm ½ cup of water, sprinkle yeast on top and add 1 tsp. sugar. Leave for 5 minutes and stir until yeast melts. Treat the yeast mixture like toddy.)

Variation: Kera na Karkaria (Banana fritters)—When adding eggs and mixing in the milk add 1 well mashed banana and proceed as above.

132. KERA NA FRITTERS
(Banana Fritters)

2 ripe large bananas
2 tblsps. sugar
3 tblsps. flour
½ tsp. baking powder } *sifted*
2 eggs
½ tsp. cardamoms } *powdered*
½ tsp. nutmeg
1 tsp. lime juice
2 tblsps. powdered sugar
pinch of salt
oil for deep frying

Mash the bananas well. Blend together with the rest of the ingredients except the powdered sugar. Heat the oil and drop a spoonful of the batter at a time in the hot oil. Turn over and cook until golden in colour. Serve hot, sprinkled with powdered sugar.

133. KERA NI GHARI
(Banana Rounds)

4 tblsps. rice flour
2 tblsps. flour
3 tblsps. desi ghee
4 tblsps. wheat flour
4 cooking bananas
1 tblsp. sugar
¼ tsp. nutmeg } *powdered*
¼ tsp. cardamoms
a pinch of salt
oil

Sift the rice flour and flour together. Mix in 1 tblsp. of ghee and a little water and knead into a dough like the *chapatti* dough. Keep aside.

Sift the wheat flour, mix in 1 tblsp. of ghee and a little water and knead into a *chapatti* dough. Keep aside.

Cut bananas into ½″ pieces and shallow fry in 1 tblsp. ghee until soft. Mash with sugar and salt. Mix in the powdered ingredients. Divide into 2 portions and keep aside.

Divide rice dough into 2 portions and the wheat dough into 2 portions. Flatten each of the portions separately into 4″ rounds.

Place the rice round first, and the wheat round on top. Put a portion of the banana mixture in the middle, fold up the sides and pinch together in the centre. Flatten with a rolling pin, to about ½″ thickness and 4″ in diameter. Be careful that the mixture does not ooze out. This makes one *ghari*. Make another *ghari* the same way. Shallow fry each one on either side until golden brown.

***Gharies* may be eaten hot or cold.**

134. KERVAI

(Banana Cakes)

6 large ripe cooking bananas peeled and cut in pieces
200 gms mixed chopped almonds and cashewnuts or a mixture of any nuts.
2 tblsps. chopped kismis *(sultanas)*
2 tblsps. poppy seeds
2 tblsps. granulated sugar
½ tsp. cardamoms } *powdered*
½ tsp. cinnamon }
pure ghee or oil

Shallow fry the bananas in ghee. Mash and cool. (No lumps must remain.) This is the outer covering for the *Kervai.*

Fry the nuts and sultanas, mix in 1 tblsp. of poppy seeds and remove from ghee. Mix in the sugar with the mixture of nuts. This mixture is the filling.

Make 8 portions of the mashed bananas and 8 portions of the filling. Flatten each portion of the mashed bananas in the palm of the hand, put a portion of filling in the middle and fold up, pinching the sides together so as to make a ball. Press down on either side into the remaining tblsp. of the poppy seeds so that it is the shape of a patty ¾″ thick. Shallow fry on both sides on a slow flame. Serve hot or cold.

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135. KHAMAN NA LADOO

(Steamed Rice Balls with Sweet Coconut Filling)

(A tea-time snack.)

Khaman (Filling)

2 tblsps. pure ghee
1 tblsp. blanched and finely chopped almonds
1 tblsp. washed, dried and chopped kismis *(sultanas)*
¼ kg. sugar
4 tblsps. water
6 cardamoms }
¼ nutmeg } *powdered*
¼ tsp. saffron }
1 finely grated coconut
½ tsp. rose essence

Covering

½ kg rice flour
1 tblsp. pure ghee
1½ kg. water
1 tblsp. rose water

For Filling: heat the ghee, add almonds and fry until golden brown. Remove from ghee. Add sultanas in the same heated ghee. Remove immediately and keep almonds and sultanas together. In the same ghee add sugar and water and bring to a boil. Add all the other ingredients except rose essence and cook, stirring constantly on a slow fire until it becomes a little sticky and red in colour.

For Covering: mix the rice flour, pure ghee and water, with a spoon. Cook slowly until thick, stirring all the time, so that no lumps form and when it stops sticking to the *deckchi*, take it off the fire.

Whilst the covering mixture is hot add the water and make balls the size of a walnut. Apply a little oil to the palm of your hand and knead each ball and flatten in the palm. Place a tsp. of the filling in the centre, bring the sides to the top and and pinch together. Roll into a smooth ball. Make the rest of the balls the same way. Steam for about 30 to 45 minutes until shining to look at. Cool. Can be kept for a day in the refrigerator.

(When steaming the *ladoos* see that no water touches them.)

136. KHAMAN NA PANCAKE

(Coconut Sweet Pancakes)

(These pancakes are eaten as a tea snack or as a dessert.)

For pancakes :

1 cup flour
2 eggs
½ cup milk
1 cup water (approximately)
1 tsp. sugar
pinch of salt
oil

Khaman *as for* Khaman na Ladoo *(pg. 181)*

Make a batter with all the pancake ingredients together with 1 tblsp. of oil in a liquidizer. Keep for at least an hour. Oil a small pancake pan (frying pan); pour 1 to 2 tblsps. of batter in the pan and tip the pan all round so that the bottom of the pan is covered with the batter. Cook for a minute and then turn the pancake over with a steel spatula and cook a further minute on the other side. Use the same method to make all the pancakes using up all the batter.

Put a tblsp. of the *khaman* in the centre of the pancake. Spread it to an oblong and roll the pancake over. Serve cold.

137. KHARIA NI JELLY

(Trotter Jelly)

- *6 cleaned sheep trotters*
- *1 kg sugar*
- *2 egg shells*
- *2 well beaten egg whites*
- *6 whole cardamoms crushed*
- *½ tsp. grated nutmeg*
- *1" piece cinnamon broken up*
- *4 tblsps. brandy or sherry*
- *2 tblsps. lime juice*

Boil trotters in 9 quarts of water and when it comes to a boil lower the flame and simmer with the lid on until the trotters are tender and the flesh falls apart from the bones. Stir very occasionally. Drain the liquid which is to be used for the jelly. Cool the liquid completely at room temperature. Remove all the fat from the top of the water. This is traditionally done with a chicken feather. (It is most important to remove all the grease or else the jelly may not form.) Keep aside.

In a large *deckchi* beat with your hand sugar with egg shells, egg whites, cardamoms, nutmeg and cinnamon. Mix in the trotter water and bring to a boil. Boil for about 2 minutes. Take off the fire. Cool to room temperature. (This is again very important.) Remove the froth from the cooled mixture. Strain the rest of the mixture through a jelly bag or thick muslin. Do not squeeze the bag, but let the clear liquid go through shifting the jelly

bag from side to side. Throw away the waste left in the jelly bag. Once again strain through the jelly bag, but this time being careful not to shake the bag and let the liquid drip through. Add the brandy or sherry and the lime juice. Pour the liquid into moulds and cool in a refrigerator until set.

(The jelly is better made if the trotters are boiled and cooled on one day and the rest of the process done the next day. Sheep trotters jelly is troublesome in the making but when made it is a true test of your competence in Parsi cooking. In winter months it is specially invigorating.)

138. KHAJUR NI GHARI

(Date Rounds)

2 tblsps. heaped rice flour
1 tblsp. plain flour
3 tblsps. desi ghee
2 tblsps. heaped whole wheat flour
3 tblsps. pitted dates
1 tsp. sugar
¼ tsp. nutmeg } *powdered*
½ tsp. cardamoms }
6 finely chopped cashewnuts
pinch of salt

Sift together rice and plain flour. Mix in ¾ tblsp. ghee and a little water to make a soft dough as for *chapattis*. Sift wheat flour and make a separate soft dough with ¾ tblsp. ghee and a little water.

Grind together dates and sugar and mix in the rest of the ingredients. Divide into 2 portions.

Divide the rice dough into 2 portions and make a flat 2" round *chapatti* of each portion. Repeat the process with the wheat dough. Place each rice *chapatti* on top of the wheat *chapatti* and roll out into a 4" diameter. Put 1 portion of the date mixture in the middle, fold over, pinch the sides together and roll out into a 6" diameter being careful not to ooze out the date mixture. This makes one complete *ghari* (cake). Make the second *ghari* in the same manner. Shallow fry each *ghari* in the rest of the ghee. Two *gharies* are made of this mixture. Can be eaten hot or cold.

139, KUMAS

(Palm Toddy Cake)

½ cup strong palm or date toddy
4 eggs
150 gms desi ghee
450 gms powdered sugar
180 gms semolina
60 gms plain flour
110 gms grated almonds
1 tsp. powdered cardamoms
1 tsp. carraway seed
2 tblsps. rose water
pinch of salt

Mix together the eggs, ghee, sugar, semolina, flour and salt and knead well with your hands. Add the rest of the ingredients. Mix well and keep aside in a warm place for 3 to 4 hours until well risen. Apply ghee to a cake tin, and dust it with flour. The cake tin should be sufficiently large to receive the entire mixture halfway. Pour in the mixture. Keep aside for 30 minutes. Bake at 350°F for 30 to 45 minutes, until well risen and brown on top. Remove from cake tin and cool.

140. LAGAN NU KASTAR

(Baked Wedding Custard)

(A rich custard served at Parsi weddings.)

- *1 quart milk*
- *250 gms sugar*
- *4 beaten eggs*
- *6 shelled and powdered cardamoms*
- *¼ tsp. grated nutmeg*
- *1 tblsp. rose water*
- *12 blanched and sliced almonds*
- *1 tsp. Vanilla essence*

Boil milk with sugar and bring it down to half the quantity. Cool. Add the rest of the ingredients and mix well Pour it into a pyrex dish leaving space for it to rise. Bake in an oven 350°F for ½ an hour until the top is brown. Cool and refrigerate.

This custard can be served in pieces or served whole. Will keep for 4 to 5 days in the refrigerator.

141. MALAI NA KHAJA

(Layered Cream Pastry)

- *1 cup sugar*
- *½ cup water*
- *3 tblsps. rose water*
- *½ cup ghee*
- *½ cup semolina*
- *½ cup + 1 tblsp. flour*
- *½ cup rice flour*
- *2 cups thick cream*
- *50 gms sliced almonds and pistachios*
- *a pinch of salt*
- *edible silver paper (if available)*
- *a few pink rose petals*

Heat the sugar and water and make a thin sugar syrup. Add rose water. Keep aside.

Heat 1 tblsp. of ghee, add semolina slowly, and fry for a minute stirring constantly. Take off the fire, cool and add ½ cup flour and salt. Mix in enough warm water to make a dough like a *chapatti* dough. Beat the rest of the ghee until light. Beat in the rice flour and knead into a soft dough. Keep in a cool place.

Mix a tblsp. of flour with a little water to make a thin paste. Keep aside.

Roll out the semolina dough into a thin *chapatti* and apply the rice flour dough thinly all over. Roll as for a Swiss roll. Cut into 8 equal pieces. Twist and flatten each piece. Roll 4 of the pieces into small *chapattis* ⅛" thick. The other half into 1/16" *chapattis.* Place a tblsp. of cream in the centre of the plain ⅛" *chapatti.*

Apply the flour and water paste around the *chapatti,* place the 1/16" *chapatti* on top. Press sides together and twist it upwards one over the other, being careful that the cream does not ooze out. This is the *khaja.*

Deep fry in ghee, the thinner side downwards. Keep splashing the ghee on to the *khaja* until light brown in colour. Remove from ghee. Put into the sugar syrup and and turn it over. Remove from the sugar syrup and decorate with silver paper, almonds, pistachios and rose petals. Cool.

142. MALAI NI KULFI

(Parsi Ice-cream)

(Plenty of calories but delicious!)

4 litres milk
1 kg sugar
1 kg malai *(thick cream)*
50 gms blanched and grated almonds
50 gms grated pistachios
¼ tsp. vanilla essence (optional)

Boil milk and reduce to half the quantity. Add sugar and bring to a boil stirring. Simmer further for about 5 minutes. Cool. Beat in the *malai,* almonds and pistachios and vanilla essence if desired. Put into *kulfi* moulds and place in a deep freeze.
(If taken on picnics the *kulfi* moulds may be placed in a large *matka* chatty containing lots of ice mixed with coarse salt. The *kulfi* moulds should be sealed with flour dough before being put in the *matka.* The *kulfi* will be ready in about 4 hours time.)

143. MALIDO

(Parsi Sweet)

30 gms almonds
30 gms chopped cashewnuts
250 gms desi ghee
50 gms flour
50 gms semolina } *sifted*
50 gms whole wheat flour
¾ cup milk
250 gms sugar
½ cup water
2 beaten eggs
1 tsp. vanilla essence
12 cardamoms } *powdered*
½ nutmeg
30 gms crystallised cherries } *chopped*
30 gms orange peel

Blanch and slice the almonds. Fry them and the cashewnuts in half the ghee. Drain. Keep aside.

Mix the sifted ingredients with all the remaining ghee and milk, and keep aside for half an hour. Cook on a slow fire stirring constantly with a wooden spoon until the mixture thickens, and becomes light brown in colour. Cool. This is the *malida* mixture.

Bring sugar and water to a boil, stirring until the sugar melts. Cool. Mix *malida* mixture with sugar syrup and cook together until thickened, stirring constantly.

Take off the fire. Slowly pour the eggs into the ***malida*** mixture and beat in thoroughly. Cook again on a slow flame stirring until the ghee floats on the top. Remove from the fire and lastly add the vanilla essence, cardamoms, nutmeg, half the fried almonds and cashewnuts, half the cherries and orange peel, and mix together. Garnish with the rest of the ingredients. Can be kept in the refrigerator for a month. Serve hot or at room temperature.

144. MALPURAS

(Thick Small Pancakes)

½ cup milk or coconut milk
a large pinch of saffron
¼ cup sugar
2 beaten eggs
1 tblsp. rose water
½ cup semolina }
½ cup flour } *sifted*
1 tsp. baking powder }
ghee for shallow frying

Roast the saffron and grind it in 1 tblsp. of milk. Keep aside. Boil the rest of the milk with sugar. Cool. Mix in eggs, rose water and saffron. Slowly add the flour, mixing well with a wooden spoon, or put it in a liquidizer. The batter must be smooth and the consistency thin. Keep for 4 hours. Heat 2 tblsps. of ghee on a *tava*, pour a tblsp. of the batter in it, do not spread it and fry lightly on both sides. Serve hot or cold.

145. MITHOO DAHI

(Sweet Curd)

(Parsis generally have this for breakfast or with any other meal on auspicious occasions such as birthdays, New Year, etc.)

½ litre milk
1 tsp. dahi *(curd)*
1 tblsp. sugar

Heat the milk and when it comes to a boil add the sugar. Simmer for about 15-20 minutes. Apply *dahi* all around an earthenware pot as far as possible, or a pyrex bowl. Cool down to 100° F and pour the milk in the bowl. Keep in a warm place overnight or until curd is formed. If desired put in the refrigerator. Will stay for 3-4 days.

146. NANKHATAI

(Cookies)

110 gms ghee
160 gms powdered sugar
80 gms semolina ⎫
110 gms whole wheat flour ⎬ *sifted together*
pinch of salt ⎭
10 powdered cardamoms
24 halves of shelled almonds

(Kneading in this recipe is done with the palm of the hand.)

Knead ghee in a *thali* for 5 minutes. Add sugar to the ghee and further knead for 7 to 10 minutes, until the mixture is light and smooth. Mix in the sifted ingredients and cardamoms. Cover and keep aside for 30 minutes.

Make 24 equal balls and place the balls on a baking tray. Press half an almond firmly in the centre of the *nankhatai* (cookie), so that it flattens a bit at the bottom.

Bake at 200°F for 40 minutes. The *nankhatai* will turn a light brown colour. Remove the baking tray from the oven. Let the *nankhatais* cool on the tray. When cool, fill in an air-tight jar. Eat them the next day.

147. POWVA

(Sweet Beaten Rice)

(Can be eaten as a dessert.)

4 tblsps. powva (chewra)
3 cups milk
4 tblsps. sugar
8 almonds blanched and sliced
20 kismis *(sultanas)*
½ nutmeg ⎫ *powdered*
8 cardamoms ⎭
1 tsp. vanilla

Clean *powva*, wash lightly and drain. Bring milk to a boil and add sugar. Stir until sugar is melted. Add the almonds, sultanas and bring to a boil. Add the rest of the ingredients. Cool. Refrigerate. Serve cold. Can also be eaten hot.

(*Powva* should be prepared at least 6 hours ahead.)

148. POWVA (CHEWRA) NAREAL NA DOODH MA

(Sweetened Rice Flakes in Coconut Milk)

½ *cup* powva
2 cups coconut milk
4 tblsps. sugar
50 gms almonds blanched and sliced
50 gms kismis *(sultanas)*
¼ *tsp. nutmeg* ⎫ *powdered*
¼ *tsp. cardamoms* ⎭
¼ *tsp. rose or vanilla essence*

Wash *powva* very lightly and keep aside. Heat coconut milk and sugar together. When it has come to a boil mix in *powva* and the rest of the ingredients except the essence. Take it off the fire and cool. Add the essence. Refrigerate. Can be kept for a day.
(Instead of coconut milk ordinary milk may be used, but coconut milk makes it more delicious.)

149. RASPBERRY ICE-CREAM

(An old favourite of our grand-parents.)

1 quart milk
200 gms sugar
½ *bottle raspberry (aerated water)*
2 cups lightly beaten cream
½ *tsp. raspberry essence*

Boil milk to half the quantity. Add sugar and simmer for another 10 minutes. Cool. Add the rest of the ingredients and put in an ice-cream mould and churn it until ready.
(4 whole beaten eggs may be mixed into the cooled milk. This makes for a creamier ice-cream.)

150. RAVO

(*Semolina Sweet*)

(On festive occasions this is eaten—generally at breakfast—as an alternative to *Sev*. It also makes an excellent sweet dish.)

1 tblsp. pure ghee
2 heaped tblsps. of semolina
1 quart of milk
6 tblsps. sugar
1 tsp. vanilla essence or rose water
1 tblsp. blanched and sliced almonds fried golden brown
1 tblsp. fried kismis *(sultanas)*
1 tsp. powdered cardamoms
1 tsp. powdered nutmeg

Heat the ghee and lightly fry the semolina in it. Add milk slowly stirring with a wooden spoon all the time so that the mixture does not get lumpy. Add sugar and keep on stirring on a slow fire, until it thickens. This process will take about 30 minutes. Pour this *Ravo* into a serving bowl and mix in the essence. Sprinkle the rest of the ingredients on top. Cool, and refrigerate.

(*i*) *Ravo* can be eaten hot or cold.

(*ii*) Instead of 1 quart of milk 2 cups of milk and a tin of condensed milk may be used, in which case use less sugar.

151. SANDHNA

(*A Toddy Based Sweet*)

(A sweet popularly known as 100 holes.)

½ grated coconut
2 cups milk
250 gms rice flour
1 tblsp. melted desi ghee
½ litre palm toddy
100 gms sugar
1 tblsp. rose water
50 gms blanched and sliced almonds

Soak the coconut with 1 cup milk, rub it with your fingers and squeeze out all the milk through a sieve. (Keep the coconut residue for being used in *khichree*.) Mix in the rest of the milk.

Mix the rice flour with the ghee and slowly add the coconut milk. Now add the toddy, and beat in the sugar. The batter should be thick and smooth. Put the mixture in a large *deckchi* and keep in a warm place, for about 4 hours to rise. Do not stir the mixture once it has risen. This is the *sandhna* mixture.

Grease 6″ X ½″ metal plates (4 to 6) and pour 2 tblsps. of the *sandhna* mixture on each plate and sprinkle with almonds. Place a colander in a large *deckchi* of hot water without letting the colander touch the water directly. Put 1 plate with the *sandhna* mixture inside the colander, place two sticks ½″ broad across, and another plate with the mixture on top. Carry on until all the plates have been stacked one on top of the other. Cover the *deckchi* and steam the *sandhna* until they are set (15 to 20 minutes). Remove from the plate with a sharp knife. Repeat the process until all the batter is used up and the *sandhnas* are ready. Cool and wrap in a wet cloth so that they remain moist.

152. SEV

(*Fine Vermicelli*)

(This is a speciality of Parsis generally served at breakfast on auspicious occasions.)

150 gms sev *(fine vermicelli)*
4 tblsps. ghee
4 tblsps. sugar
1 tblsp. rose water
1 tblsp. almonds blanched, sliced and fried
1 tblsp. fried kismis *(sultanas)*
¼ tsp. nutmeg ⎫ *powdered*
¼ tsp. cardamoms ⎭

Fry the *sev* in ghee until brown in colour, stirring constantly. Drain off the ghee. Mix in sugar and 1 cup of water. Cover with a lid with water on top. Cook on a low flame for about 3 minutes. Remove the cover and see if the *sev* is cooked or needs more water. The *sev* should not be soggy but separated. If more water is needed use the water from the lid. When cooked add the rose water. Serve hot or cold sprinkled with almonds, sultanas, nutmeg and cardamoms.

MENUS

Breakfast

Sev or *Ravo* (Fine vermecelli)
Miththoo Dahi (Sweet curd)
Eda no Poro (Masala egg omelette)
Or
Akoori (Masala scrambled eggs)
Or
Wafer per Eda (Eggs on potato wafers)
Or
Any eggs
Toast, Butter, Jam/Marmalade
Aleti Paleti (Spiced chicken offals)
Or
Boomla na Cutless (Fresh Bombay duck cutlets)
Or
Tarela Boomla (Fried fresh Bombay duck)
Or
Tareli Machhi (Fried fish)
Fruit

Lunch*

1. *Khari Machhi* (Fish with onion sauce)
   Khatti Mithi Kaleji (Sweet and sour sheep offals)
   Khichree (Yellow rice)
   Sektani Sing no Sass (Drumstick sauce)
   Fruit

2. *Tareli Machhi* (Fried fish)
   Tamota Papeta Vatena ma Gosht (Mutton or chicken in tomatoes, stew)
   Dhansak na Chawal (Brown rice)
   Dodhi ni Booryani (White pumpkin cooked with mutton)
   Khaman na Pancake (Coconut sweet pancakes)

3. *Sookha Boomla no Tarapori Patio* (Curried dried Bombay duck)
   Tatrelo Kheemo (Dry, spicy mince)
   Pochi Tarkari ni Khichree (Soft vegetable khichree)
   Lagan nu Kastar (Baked wedding custard)

4. *Cachumbar* (Onion relish)
   Chas Paelo Kan ma Gosht (Sweet potatoes in sugar gravy with mutton)
   Bhujeli Kaleji (Skewered liver)
   Khichree (Yellow rice)
   Macchi no Saas (Fish sauce) Or
   Dahi ni Kadhi (Yoghourt curry)
   Fruit

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*In all the menus, chicken may be substituted in place of mutton and vice versa.

5. ***Cachumbar*** (Onion relish)
   Mattan Chaap (Mutton chops)
   Tamota ni Garavy (Tomato gravy)
   Khara Papeta (Sauted potatoes)
   Bafela Safed Chawal (White boiled rice)
   Colmi ni Curry (Prawn curry)
   Fruit

6. ***Vavri Mug ni Daar*** (Moong dal)
   Vengna na Ravaiyaa (Brinjals stuffed with masala)
   Khichree (Yellow rice)
   Macchi ni Moley (Fish Moley)

7. ***Gor Amli ni Cachumbar*** (Sweet and sour onion relish)
   Tareli Macchi (Fried fish)
   Bheja na Cutless (Brain cutlets)
   Keri no Ambakalio (Ripe mango relish)
   Gosht na Kavab (Mutton balls)
   Dhansak na Chawal (Brown rice)
   Gosht nu Dhansak (Mixed spicy dals cooked with mutton)
   Ice-cream

8. ***Gor Amli ni Cachumbar*** (Sweet and sour onion relish)
   Pani nu Acchar (Raw mango preserved in salt)
   Parsi Garevy na Cutless (Mutton cutlets in tomato gravy)
   Lagansala Stew (Fried mixed vegetable stew)
   Ras Chawal (Spiced soup and white boiled rice)
   Kera na Fritters (Banana fritters)

9. *Khara Bheja* (Sauted brains)
   Tamota per Eda (Eggs on tomatoes)
   Khichree Patio ek Tapelima (Curried prawn khichree)
   Sandhna (A palm toddy based sweet)

10. *Khari Machhi* (Fish with onion sauce)
   Aleti Paleti (Spiced chicken offals)
   Khara Bhinda (Sauted okras)
   Kesari Khichree (Saffron rice)
   Kohra nu Dohru (Red pumpkin with tamarind water)
   Fruit

A Typical Parsi Sunday Lunch

Gor Amli ni Cachumbar (Sweet and sour onion relish)
Keri no Ambakalio (Ripe mango relish)
Wafer per Eda (Eggs on potato wafers)
Tareli Machhi (Fried fish)
Gosht na Kavab (Mutton balls)
Dhansak no Chawal (Brown rice)
Gosht nu Dhansak (Mixed spicy dal cooked with mutton)
Raspberry Ice-cream

Lunches on Auspicious Occasions

1. *Sev* (Fine vermecelli)
   Miththoo Dahi (Sweet curd)
   Patrani Machhi (Chutney fish in banana leaves)
   Marghi no Palau (Chicken pullao)
   Sadi Dhansak ni Dar (Spicy dal without meat)

2. *Ravo* (Semolina sweet)
   Miththoo Dahi (Sweet curd)
   Sali Boti (Meat pieces in potato straws)
   Dhan Dar ne Machhi no Patio (White rice, dal and curried fish)
   Malai ni Kulfi (Parsi ice-cream)

Dinner

1. *Vengna na Ravaiyaa Colmi Sathe* (small stuffed brinjals with prawns)
   Wafer per Eda (Eggs on potato wafers)
   Vavri Mug ni Dar (Moong dal)
   Malai ni Kulfi (Parsi ice-cream)

2. *Cootoe* (Spiced tiny shrimps)
   Gosht na frilly Cutless (Minced mutton frill cutlets)
   Khara Bhinda (Sauted Okras)
   Powva Narael na Doodh ma (Sweetened rice flakes in coconut milk)

3. *Akoori on Toast* (Masala scrambled eggs on toast)
   Patrani Machhi (Chutney fish in banana leaves)
   Cauliflower ma Gosht (Mutton in coconut milk and cauliflower)
   Chokha ni Kheer (Rice dessert)

4. *Papri ma Kavab* (Indian flat beans with meat balls)
   Khara Papeta (Sauted potatoes)
   Machhi no Palau (Fish pullao)
   Chapat (Sweet Parsi pancakes)

5. *Tareli Machhi* (Fried fish)
   Masoor ma Gosht (Meat in black lentils)
   Kera na Cutless (Banana cutlets)
   Khaman na Pancake (Coconut sweet pancakes)

6. *Boomla na Cutless* (Fresh Bombay duck cutlets)
   Gosht nu Vindaloo (Pork or mutton vindaloo)
   Tarkari na Pattice (Vegetable patties)
   Chokha ni Rotli (Rice flour chappatis)
   Doodh Pak-Poories (Sweetened thick milk with puffed rounds)

7. *Gor Amli ni Cachumbar* (Sweet and sour onion relish)
   Tareli Machhi (Fried fish)
   Kharia (Sheep trotters in masala)
   Kharia ni Garavy na Chawal (Rice in trotter gravy)
   Kharia ni Jelly (Trotter jelly)

8. *Patrani Machhi* (Chutney fish in banana leaves)
   Vatena Bhaji ma Gosht (Meat in mixed spinach and greenpeas)
   Khichree (Yellow rice)
   Dahi ni Kadhi (Yoghourt curry)
   Raspberry Ice-cream

9. *Kohra no Murambo* (White pumpkin preserve)
   Dahi ma Gosht (Mutton in curd)
   Kothmir per Eda (Eggs on coriander leaves)
   Val ni Dar (Val dal)
   Lagan nu Kastar (Baked wedding custard)

10. *Khari Machhi* (Fish with onion sauce)
    Dhodhi no Doombo (Stuffed white pumpkin)
    Titori (Spiced sprouted val beans)
    Khaman na Pancakes (Coconut sweet pancakes)

Dinners on Auspicious Occasions

1. *Kohra no Murambo* (White pumpkin preserve)
   Machhi no Saas (Fish sauce)
   Kid nu Gosht (Spiced lamb)
   Marghi no Palau (Chicken pullao)
   Sadi Dhansak ni Dar (Spicy dal without meat)
   Malai ni Kulfi (Parsi ice-cream)

2. *Keri no Murambo* (Mango preserve)
   Patrani Machhi (Chutney fish in banana leaves)
   Badami Marghi (Chicken in almond gravy)
   Dhan Dar ne Colmi no Patio (White rice, dal and curried prawns)
   Doodh Pak (Sweetened thick milk)
   Poories (Puffed rounds)

A Wedding Dinner

In a wedding or a Navjote ceremoney (Thread ceremony), lunch or dinner is generally served to a very large gathering. The traditional style is to serve ~~it on banana~~ leaves.

Gor Keri nu Acchar (Sweet and sour mango pickle)
Or
Gajar nu Acchar (Carrot pickle in vinegar)
Kohra no Murambo (White pumpkin preserve)
Wafers
Miththoo Dahi (Sweet curd)
Patrani Machhi (Chutney fish in banana leaves)

Or
Tareli Machhi (Fried fish)
Kid nu Gosht (Spiced lamb)
Or
Sali Boti (Meat with potato straws)
Or
Gosht na Frilly Cutless (Minced mutton frill cutlets)
Or
Garavy na Cutlets (Mutton cutlets in tomato gravy)
Badami Marghi (Chicken in almond gravy)
Or
Sali ma Marghi (Chicken with potato straws)
Or
Khari Papeta ma Marghi (Chicken cooked in potatoes)
Lagansala Stew (Mixed vegetable stew)
Kothmir per Eda (Eggs on coriander leaves)
Lagan nu Kastar (Baked wedding custard)
Or
Malai ni Kulfi (Parsi ice-cream)
Or
Ice-cream

1. Any Vegetable *Acchar* (Pickle)
   Lagansala Stew (Mixed vegetable stew)
   Titori (Spiced sprouted val beans)
   Kesari Khichree (Saffron rice)
   Dahi ni Kadhi (Yoghourt curry)
   Khaman na Pancake (Coconut sweet pancake)

2. *Khara Bhinda* (Sauted okras)
   Papeta nu Salnu (Savoury potatoes)
   Poories (Puffed rounds)
   Vavri Mug ni Dar (Moong dal)
   Khichree (Yellow rice)
   Sektani Sing no Saas (Drumstick sauce)
   Powva Narael na Doodh ma (Sweetened rice flakes in coconut milk)

Sweet

Audh (Coconut rice flour sweet)
Bhakras (Parsi cookies)
Chapat (Sweet pancakes)
Copra Pak (Coconut toffee)
Daitra (Yoghourt rounds)
Dar ni Pori (Tuvar dal in pastry)
Falooda (A sweet milk drink)
Gorpapri (Jaggery toffee)
Karkaria (Semolina fritters)
Kervai (Banana cakes)
Khajur ni Ghari (Date rounds)
Khaman na Ladoo (Steamed rice balls with sweet coconut filling)
Khaman na Pancakes (Coconut sweet pancakes)
Kumas (Palm toddy cakes)
Malpuras (Thick small pancakes)
Sandhna (Palm toddy based sweet)

Savoury

Bhajias (Variety of gram flour savoury)
Channa Dal Bhajias (Gram dal bondas)
Maan ni Khari Poories (Special layered poories)
Maththo (Curd cheese)
Paneer (Cottage cheese)
Papeta nu Salnu (Savoury potatoes)
Parsi Patrel (Spiced rolled colocasia leaves)
Poories (Puffed rounds)